

# h i d d e n w o r l d s

travel into inner space

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# Abstract

The thesis reflects my personal journey to the hidden worlds, located in the realm of the inner space. These worlds are accessed by alteration of the consciousness, which travels nonlinearly and expresses itself in various ways, presented as separate zones in the book. The zones are related to the six intermediate states in Tibetan Buddhism - birth and life, meditation, dreams, time of death, second stage of the death process and rebirth.

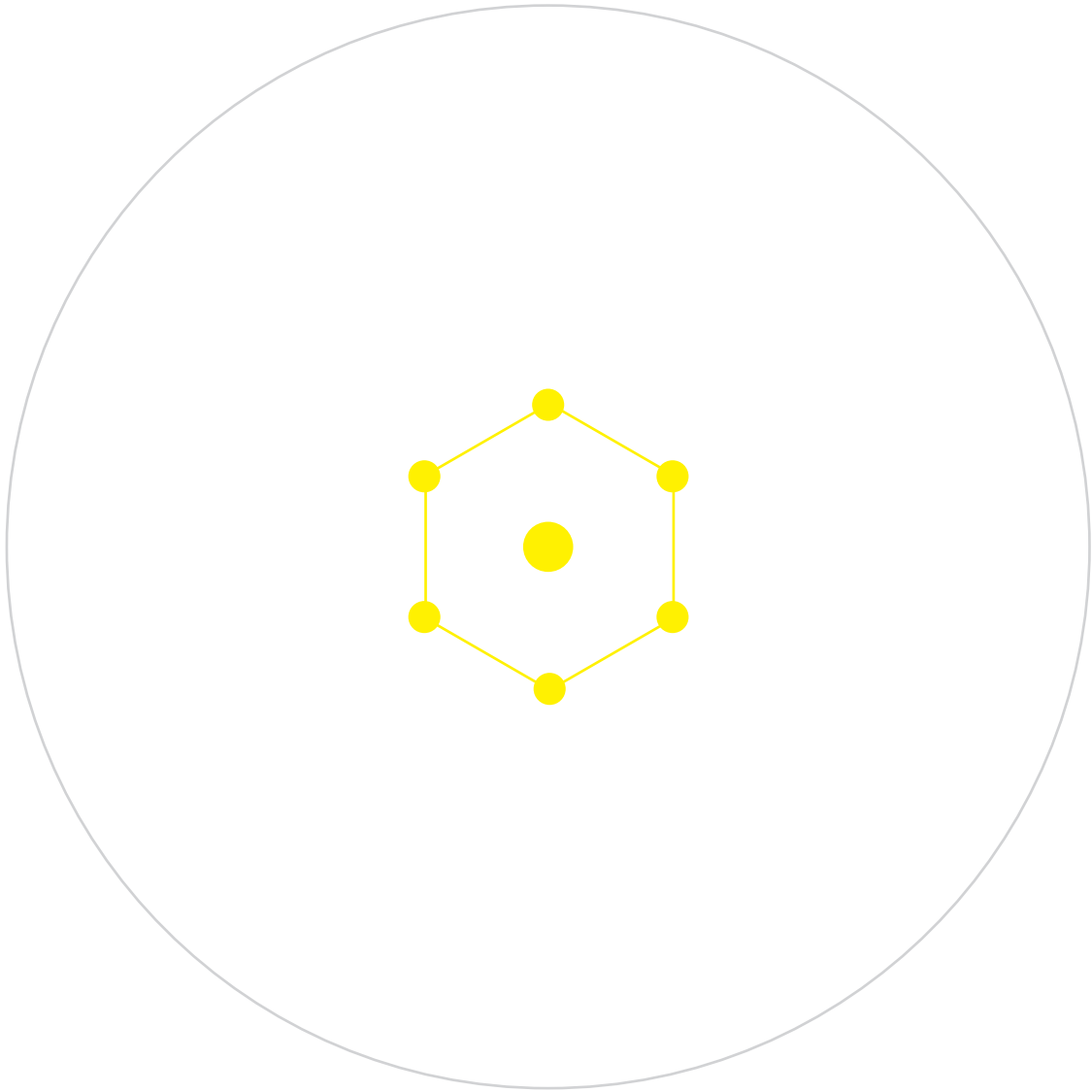
The intention of the thesis is to take the reader on a journey and make him simultaneously a participant and observer. Different styles of writing are incorporated in order to place the reader straight in the map of the inner space.

The thesis illustrates the idea of the multidimensional body of the future, which has subtle layers and selves, existing in different dimensions. Death, rebirth and eventually immortality are part of the construct of this body.

The art works included in the thesis explore the hidden worlds and give the reader an idea about their content.

KEY WORDS: subtle body, altered states of consciousness, performance art, intermediate states, expansion, Tibetan Buddhism, art of the future

At the beginning was the IMAGE.



### Instructions before starting reading.

Place the book on eye level and look at the image for 10 sec. Then close your eyes and take few deep breaths. Start counting backwards from 100 to 0. Open your eyes and look back at the image for 10 sec. Start reading.

*NOTE: The images of the electronic and printed versions are different!*

There are no phenomena extraneous to those that originate from the mind.  
[So], one should observe one's own mind, looking into its nature again and again.  
(The Tibetan Book of the Dead)

# INNER SPACE MAP



## note:

The sizes of the circles does not point the sizes of the zones, as they exist in the multidimensional realm, where parameters does not exist.

## legend:

+24	p. 17-31
$\pm 24$	p. 32-38
-3	p. 40-48
+3	p. 49 - 63
$\pm 12$	p. 64 - 70
+6	p. 71 - 80
gamma rays	p.39

# Preface

The thesis is an exploration of the realm of the inner space by transcending the *beta state* \* (normal waking consciousness) and reaching out to the subtler states of being, exploring their nature. The inner space is the mind itself, which hides inside infinite number of worlds/realities. The subtler states are also known as *altered states of consciousness* and can be induced by different means – meditation, breathing, fasting, trance, hypnosis, brain entrainment, sensory deprivation, sensory stimulation, etc. After one cuts through the 3D aspect of reality, one finds that there is a hidden potential waiting to be explored. Human being is in a process of transcending its self-defined limits.

Consciousness can expand and reach unknown dimensions. The purpose of such expansion is meeting with the higher self or aspect of that higher self, existing in dream states and other planes of existence. Reaching to that self connects the human to inner potential, making him/her whole undivided human being.

## THE MAGIC OF DISAPPEARANCE AND RE-APPEARANCE

Introduction of the process of simultaneous dissolution

The appearance of any form in the Universe implicates its disappearance. That is a Cosmic law, which does not end here. The same form goes to a process of reappearance, but with a different particle configuration and modification in its energetic charge. The science behind it is quite simple to understand. More or less it goes like this – there are few cycles, where each element, constructing the form dissolves. More specifically there are four elements with eight cycles. But we do not have to explain at this point all the details of each cycle. What is important is that each

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\* Beta brainwave refers to brain's electrical activity and it corresponds to specific Hz. For more information, check the glossary.

cycle has very specific characteristics, which are reflected as psychological processes. The energy that is left from the process of dissolution is then drawn back to its original source, which resides somewhere in the vastness of the Universe. After some period of hibernation, voila! The physical form pops up again the Universe. Nothing is ever lost. This is the process of simultaneous dissolution. Some call it magic, others call it death. Whatever you want to call it does not matter. The fact is that it exists and it is pretty much a fascinating occurrence!

The process of simultaneous dissolution has in itself other stages, which can be both recognizable and non-recognizable, depending on the mental character of the one, who is undertaking the experience. Along with physiological changes and transitioning of the gross matter, there are appearances, reflections, smoke, streams of light and some other surprises. Sometimes the light is sparkling. Other times not. However the most significant and exciting aspect of the process of simultaneous dissolution is the natural process of illumination. This is the after effect of the experience and the bonus one gets after the mirage of appearances. The natural process of illumination occurs in the subtle mind and if one wants to bring it to the three-dimensional plane of existence then special practice is needed. Everything is recorded in the hard drive of the consciousness. There are three key words - practice, bravery and release.

The consciousness is a continuum of experiences, which have been accumulated throughout the existence. It is continuous and expands with every new upgrade one goes through. If talking to the cells occurs on a regular basis, some pretty interesting facts about the self and the other worlds the self inhabits become clear. Then the mind will remember the language of plants, animals, rocks and other living forms. Suddenly one can easily get super excited and might want to write a book for trees, rather than people. There are no limits. Your-self is the only limit.

You already know something about the magic of transformation. Some processes take time to appear or to disappear, but time is not a factor. Cut up all durations and stop calculating time, calories, kg, etc. They do not matter at all. What matter is beyond everything you can imagine!

## ART FOR THE SUBTLE BODY

The subtle body needs to be awoken. Audience does not exist, no viewers, just participants.

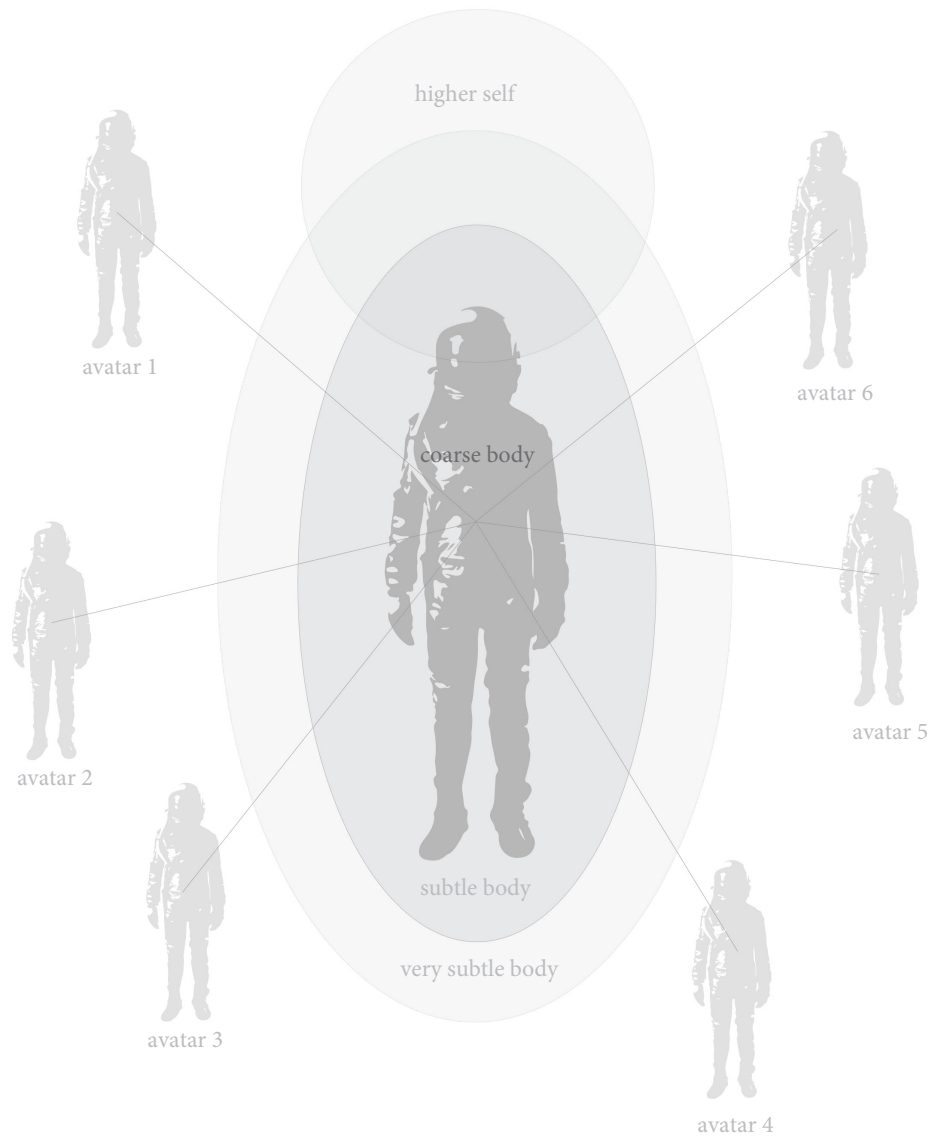
Art has the potential to awaken the HUMAN from *deep sleep* \*. That can only happen through pushing the right button. And that is magic. It happens telepathically and non-logically. It is intertwined within the energy field of the intension. Direct experience is what teleports one to the present moment, the moment where the door of the hidden worlds opens.

The artist of the future is an explorer of the inner space, an astronaut and a collaborator with other realms of existence. His role is to guide the people towards transitory process of awakening of the multidimensional body - a necessary tool for traveling into a lighter, brighter and magical past, present and future (humans will master eventually time traveling). That process happens internally and eternally. In order to obtain that realization one needs first to *die* while being alive and take on a new rebirth.

The hidden powers are awakened through self-awareness. Suddenly fiction becomes reality and superpowers are activated. They have been always there, but dormant. One can be easily taken by the stream of life and led to believe that they do not even exist. All versions of the human are ok, but why not opt for upgrade? The upgrade is an individual choice and it can be done in stages.

.....  
\* According to the spiritual teacher George Gurdjieff most of the humans live in deep sleep, which is a synonym for ignorance. Humans need to put efforts in order to awaken. (Ouspensky, 1949) And he was not the only one who said that.





*Note: the number of avatars vary.*

INTERVIEWER: In *Nova Express* you indicate that silence is a desirable state.

BURROUGHS: The most desirable state. In one sense a special use of words and pictures can conduce silence. The scrapbooks and time travel are exercises to expand consciousness, to teach me to think in association blocks rather than words. I've recently spent a little time studying hieroglyph systems, both the Egyptian and the Mayan. A whole block of associations—boonf!—like that! Words—at least the way we use them—can stand in the way of what I call nonbody experience. It's time we thought about leaving the body behind.

(Burroughs and Gysin, *The Third Mind*)

# Introduction

The thesis consists of six zones, which reflect different states of consciousness, respectively the *bardo* \* (intermediate) states described in Tibetan Buddhism - birth and life, meditation, dreams, clear light (death), luminosity (second stage of the death process) and becoming (re-entry/rebirth). In the zones (fifth is an exception) I am referring to artworks - both mine and others', relevant to the specific states.

The **first** zone is the zone of *suññatā* † (emptiness). This is the zone of penetration of the 3D reality and entering into the *holographic Universe*.

The **second** zone is the zone of dreams.

The **third** zone is the zone of hallucinations. This is the zone of the *wrathful deities*, chaos and *crazy wisdom*.

The **forth** zone is the zone of death, where dissolution takes place and all gross elements are dissolved. This is the zone of the death of self.

The **fifth** zone is the *transpersonal* zone – the zone of pre-existence, birth and biography. This is the zone of history.

The **sixth** zone is the zone of the avatars, where connection with the other sub-selves is established.

The thesis has a glossary and appendix with description of important terms and further information, necessary for the

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\* In Tibetan Buddhism there are 6 bardo states - transitional states of consciousness. For more info check glossary.

† In the *Pali* language this is the word for emptiness. Pali is the earliest language of Buddhism.

## NEW WORD ORDER

The thesis is a combination of various texts (*cut-ups*, *psychic automatism*, documented experiences, fiction, poetry, quotes, etc.) with both hidden and non-hidden references to different sources (Tibetan Buddhism, Esoteric Christianity, scientific texts, etc.). The texts are produced under different levels of consciousness. Altogether they form a work (a statement) of a raw, *unedited* image of the *absolute reality*. As an avid explorer of the inner space I find the most appropriate language of writing this thesis to be what I call *the language of the nonself* \*. That is a language where the *self* is not interfering in the process, which allows to draw information from the *Cosmic bio-computer*. The visual language is part of the written language and it has an active role in the comprehension and assimilation of the knowledge, presented in the thesis. This language is the connection between the old and the new, the missing link of the puzzle before the full upgrade of the human species takes place and language, as we know it transforms into telepathy. The reader organically becomes a participant in the journey of inner space exploration.

In the past writers and artists have used techniques, which allowed them to access the absolute reality. William Burroughs and Brion Gysin call it *a third mind* †. In their collaborative book *The Third Mind* they apply the *cut-up* method, together with scrapbook layouts and images. The cut-up method involves cutting words from texts and arranging them *randomly* ‡. The technique was used by the Dadaists and the Surrealists.

*I believe in the future resolution of these two states, dream and reality, which are seemingly so contradictory, into a kind of absolute reality, a surreality, if one may so speak.*  
(Andre Breton)

.....  
\* Term, borrowed from Buddhism. Nonself is part of the three characteristics of Samsara (cycle of birth, life and death) and it refers to the concept of emptiness. (Fremantle, 2001). In other words nonself means nonstatic self, always in transition. It consists of many selves.

† Refer to the quote on the next page.

‡ The word random is an illusion. According to the *chaos theory* chaos is the highest order of the Universe (Chaos Theory, 2015). On the other hand the foundation of Buddhism is the law of cause and effect (14th Dalai Lama and Jinpa, 1995). Everything that appears in the Universe has its initial cause.

**Automatism** was also used by the Surrealists to provide information from the subconscious mind. As Andre Breton says: *Language has been given to man so that he may make Surrealist use of it* (1969, 32). The technique is relinquishing control and allowing the thoughts to come freely. This was how many great pieces of surrealist poetry were produced. William James named that technique **stream of consciousness**. Julia Cameron uses the same technique in her method *The Artist's Way* for unblocking the creative energy.

## VOICES

*The language of the nonself* is a conglomerate of different narrative voices. They represent the true nature of the nonself. These selves express the ultimate nature of the mind. In their essence the voices are human and non-human. Each zone has its own voices, revealing its psychological characteristics.

BURROUGHS: A book called Think and Grow Rich.

GYSIN: It says that when you put two minds together. . .

BURROUGHS: . . . there is always a third mind . . .

GYSIN : . . . a third and superior mind . . .

BURROUGHS: ...as an unseen collaborator.

(Burroughs and Gysin, *The Third Mind*)

The eclectic style of the thesis applies to the citation as well. The citation is a combination of different styles. The footnotes are explanatory notes, which can contain quotes too. For more information check the legend on page 12. The references of the separated direct quotes (highlighted in gray / italic) are found in the end of the thesis, marked by a page number. General rule: KEEP YOUR EYES OPEN.

If there are mistakes, scrambled texts or something *strange* in the text it is all intentional, as perfection arises from non-perfection.

## ALTERED STATES. BRIEF OVERVIEW.

Altered states of consciousness are commonly related to the use of psychedelics, as the exploration of the inner space in the West started with the invention of the LSD by Albert Hofmann in the late 30s. In the 60s some scientists and researchers (John Lilly, Timothy Leary, Stanislav Grof...) saw a great opportunity in the realm of psychedelics and explored their potential by becoming test subjects themselves. Interesting inventions came out from the use of psychedelics. John Lilly invented the **sensory deprivation tank**, which nowadays has become quite popular way for inducing deep relaxation. Based on his experiences from LSD and sensory deprivation he created a scale of the states of consciousness, which is found in his book *The Center of the Cyclone: Autobiography of Inner Space*. After experiments with LSD psychedelic therapy, Stanislav Grof invented **holotropic breathwork** - a technique to enter into the **transpersonal realm** \*. He discovered that breathing can induce same experiences as when taking LSD.

Artists have been using the altered states of consciousness to produce artistic work, attempting to transcend the human capabilities. In the 20s the Surrealists were influenced by Freud's ideas and used dreams and hypnosis to enter the subconscious mind and produce artistic work, which was in great contrast to the rational world. Such works open a door to a higher intelligence *out there*, which can be accessed. Brion Gysin's *Dreamachine* (page 30) is that kind of work. Viewed with closed eyes, it allows one to have a hallucinatory experience in a non-drug way.

Many religious traditions address the altered states of consciousness, referring to them as a religious/mystical experiences. Sufism, Hinduism, Buddhism, Christianity for example have different methods to reach to the ecstatic states - prayer, meditation, trance. They vary in their form and complexity, but in their core they are very similar – they require transcending of the ego. Artists like Marina Abramovic, Linda Montano and Roy Athey have been

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\* The transpersonal psychology deals with much bigger aspect of the human psyche than traditional psychology and psychiatry which transcends the experiences of the individual, going into the perinatal level and "mediate experiential connection with any aspect of the phenomenal world and with various mythological and archetypal domains" (1988, xvi) (past incarnations, animal/plant identification, etc.) The transpersonal psychology takes consciousness as existing independently of the brain. In comparison traditional psychology and psychiatry use biography and individual unconscious (Grof, 1988). Holotropic breathwork is a fast, control breathing, which along with sound and special atmosphere induces a non-ordinary state of consciousness.

influenced by such ancient practices and incorporated them into their artistic practice. Marina Abramovic is an example of an artist, who has been exploring extensively both the limits of body and mind. Most of her performances require serious discipline, intense concentration and additional training in order to transcend the human limitations.

#### MY EXPERIENCE

During the years I have experimented (both voluntary and involuntary) with different forms of meditation, breathing, fasting, sleep deprivation, automatic writing and concentration in order to reach to mental states I currently use in my artistic practice. In those states of consciousness there are physiological and psychological changes that happen in the moment and influence one's experience and respectively reality. In such transformations something extraordinary takes place, which can be only comprehended by the experience itself.

#### AWARENESS

Developing awareness is very important in the exploration of the inner space. The reason is that the mind works by projections, which are illusory in their nature. One needs to become a witness (simultaneously a participant and an observer) in order to reach the state of nonself. *The awareness lies in the gap between seeing and verbalizing* (Osho, 2004).

WE WISH YOU A NICE TRIP!

By becoming a witness you are no more asleep; you are awake.

(Osho)

LEGEND \*

Quote

Quote

*Quote*

***Important term*** †

SUBTITLE / EMPHASIS

HIGHER VOICE

30% black - subtle voice

10 % black - subtler voice

small voice

small subtle voice

.....  
\* The grayscale system is incorporated in the text, as an indicator of the multidimensional aspect of the voices. The lighter the text is the subtler it is.

† Some of the terms are found in the glossary.



INTERVIEWER: Therefore, you're not upset by the fact that a chimpanzee can do an abstract painting?

BURROUGHS: If he does a good one, no. People say to me, "Oh, this is all very good, but you got it by cutting up." I say that has nothing to do with it, how I got it. What is any writing but a cut-up? Somebody has to program the machine; somebody has to do the cutting up. Remember that I first made selections. Out of hundreds of possible sentences that I might have used, I chose one.

(Burroughs and Gysin, *The Third Mind*)

Writers don't own their words. Since when do words belong to anybody. "Your very own words," indeed ! And who are you?  
(Burroughs and Gysin, The Third Mind)

## The real story

Is there a real story? There are different versions of the real story told by the different *I*'s. So is there a truth about the story or is there any story at all? That is hard to find out from where I am right now. I am now in my living room, sitting on the sofa and typing. That is my current location. Soon with the help of a set of magic ingredients – strong intention, breath and visualization I will relocate myself and will be traveling in the vastness to find out about more of the facts I want to share with you. From that perspective life on Earth seems like a fiction, hard to believe that someone actually believes in it. In the place where I will be soon, magic is real, superpowers are real and there are many forms of existence outside of our *visible light spectrum*\* which constantly communicate with us – the humans. It is actually a super interesting place to be. This place is my real home.

The story has many facets, but I will focus on few of them in order to give you a point of focus. Actually it is not really a story nor a fairy-tale, it is something else which does not yet have a name. It has a beginning. I am not sure about an end. Welcome to the hologram of the hidden worlds!

- How many of you are there?
- Many.
- Aha. Ok.
- To whom I am talking to?
- To whom do you wish to talk to?
- Someone who has answers.
- Ok, you are connected. Ask.

.....  
\* Human species see frequencies between 400 and 700 nm.

*Unconsciousness is a wandering outside; consciousness is a deepening of the inside. (Osho)*

#### ONCE UPON A TIME I.

Since I was a small kid my sense of self was challenged. I would frequently shift my brainwaves without realizing and enter into different realities. Meditation came naturally. Our balcony had a view - deep forest and infinite layers of mountains. I would stare at the view timelessly in silence. It was pure magic. My body was expanding. I was not in my body. I was not I. I believe every kid is a sorcerer.

#### ONCE UPON A TIME II.

Pain. The lesson lasted long. In moments of pain I was in the realm of the inner space, but this time I had different visions and different experiences than the blissful states of emptiness I knew about. In these states of darkness, immersed in horrific visions I “died” many times. Later I read the Tibetan Book of the Dead. I found myself there.

*Do not speak without light. \**

.....

\* *Life on Wings, Lighter than Air* - Ayurvedic tea, from the series *Teas for the Elements*. Element of Air. Blend: fennel, cardamom and orange (2015).

...A piano tune, a shout.  
A door slams. A clock.  
And not only beings and things and physical sounds.  
But also me chasing myself or endlessly going beyond me.  
There is you the sacrifice, you that I'm waiting for.  
Sometimes at the moment of sleep strange figures are born and disappear.  
When I shut my eyes phosphorescent blooms appear and fade  
and come to life again like fireworks made of flesh.  
I pass through strange lands with creatures for company.  
No doubt you are there, my beautiful discreet spy.  
And the palpable soul of the vast reaches.  
And perfumes of the sky and the stars the song of a rooster  
from 2000 years ago and piercing screams in a flaming park and kisses.  
Sinister handshakes in a sickly light and axles grinding on paralyzing roads.  
No doubt there is you who I do not know, who on the contrary I do know.  
But who, here in my dreams, demands to be felt without ever appearing.  
You who remain out of reach in reality and in dream.  
You who belong to me through my will to possess your illusion  
but who brings your face near mine only if my eyes are closed in dream as well as in reality...

(Robert Desnos, *Sleep Spaces*, 1926)

Robert Desnos - one guy, who escaped death in a gas chamber by applying the principles of Surrealism. Just before entering the gas chambers he starts reading palms of the prisoners and cheering them up. Despite the fact that he actually died in a concentration camp (from *typhus*), he managed to manipulate the reality and save people's lives (Can the Imagination Save Us?, 2015).

ZONE

+24

S u ñ ñ a t ā  
h o l o g r a m  
vision distortions  
r e f l e c t i o n s  
non self  
altered reality  
m o t i o n l e s s

EMPTINESS. NON BEING.

TECHNICAL DETAILS.

In the zone of emptiness everything emerges out of nowhere and dissolves back into nowhere. In this zone all phenomena lose their meaning. Emptiness is illusory like everything in the Universe. All phenomena are empty in themselves. Waves and particles are THE reality. Each structure is empty - molecules, atoms, neutrons, protons, quarks...

However inside emptiness is fullness. To discover what lies inside *suññatā* one needs to experience it.

This zone can be entered by various techniques - controlled breathing, light gazing, mirror gazing, gazing in the nothingness. There are many techniques, which lead to the same “place”.

Time is only a factor at the beginning of the practice. It is necessary to dedicate time in order to produce a result. However, once the desired state is reached time becomes irrelevant. One can learn how to penetrate reality and control the *biocomputer*\*.

.....  
\* John Lilly defined the term biocomputer, referring to the human brain (Lilly, 1972).

## MEDITATION.

The practice of meditation is one of the most transcendental practices of reaching naturally to higher levels of consciousness. Meditation allows the body to rest and harmonize by itself all of its functions. Through meditation knowledge is transmitted. Thoughts dissolve and what is left is pure awareness.

Meditation is a way to observe the mind and its projections. Identification with the projections leads to suffering, says mister Buddha (Non Self, 2015). Non-identification leads to non-suffering. Liberation is within the meditation. But liberation from what? *identification* \*

Meditation is an *interval* of stillness within. Any action can be converted into meditation. Time stop existing naturally and the person enters into the realm of the inner space, where different laws govern. Then it is time for exploration.

Meditation means living without  
words, living nonlinguistically.  
(Osho)

.....

\* "Identifying is the chief obstacle to self-remembering. A man who identifies with anything is unable to remember himself. In order to remember oneself it is necessary first of all not to identify. But in order to learn not to identify man must first of all not be identified with himself, must not call himself 'I' always and on all occasions. He must remember that there are two in him, that there is himself, that is 'I' in him, and there is another with whom he must struggle and whom he must conquer if he wishes at any time to attain anything. So long as a man identifies or can be identified, he is the slave of everything that can happen to him. Freedom is first of all freedom from identification" (Ouspensky, 1949, chap.8).

# SHOW CASE



Performance / Third Space, Helsinki / March 2014 /  
2 times x 4 hours / 1440 breath cycles / motion-less  
Purpose: penetration into the holographic reality  
Parameters: zero point access  
Technical details: alteration of breath & vision  
Facing THE glass reflection. window. street.



*Showcase* is a performance where the human being transcends the limits of the physical body and allows the subtle body to manifest. Sitting motionless in a gallery window creates a quantum tunnel in the consensus reality, which can be penetrated. The reflection in the window is the access door towards the inner space. There is a simultaneous convergence of few parallel worlds in this happening, which means meeting of different dimensions by request. When two or more dimensions meet at a point they create a fusion. By altering the perceptions one becomes the explorer of the hidden records of the Universe.

#### THE TRANSMUTATION OF THE BODY

The body is the tool for entering the hidden worlds. Training is needed in order to wipe the slate for the future existence.

By sitting motionless the body gradually stops performing and lowers its frequencies (Hz). This allows the consciousness to be expanded out of the physical matter and travel in space. Usually it travels like that in dream state or in death, but these states can be performed on demand.

## BREATH

### *Ujjayi*

(*psychic breath*)

3 cycles per min

contracting the glottis and breathing through the throat induces meditative states. The vibration of the humming sound creates a soothing effect on the mind and nervous system, relieving cerebral tension, stress, anxiety and insomnia (Saraswati, 2009)

## VISION

1.The eyes are not fixated in anything in particular

**2.Tratak** (*Sanscrit - to look*)

steady gazing at one spot without blinking

## APPEARANCES

**Trykaya** - appearance of the

avatars

face distortions

## ZAZEN

sitting meditation

### *shikantaza*

nothing but precisely sitting

## BRAIN

EEG measurement is not necessary to trace the shift of the brainwaves. Your perceptions will be changed.

## SOUND

Listening to sounds. distorted sounds, coming from the street.

**Khechari** - one who moves through space. Khechari mudra explains it.

Task: Wake up at 2am and practice 10 min gazing at your favourite wall. Then go back to bed. (use timer)

Note: *This is an advance practice and you might experience sudden penetration of the hologram and meet your purushas* \*.

.....

\* Purusha - Indestructable/Self/Consciousness/ - manifestation of forms. The inner power can be transmitted through the eyes says Swami Satyananda Saraswati (2005).

holographic vision



## SELF REFLECTION

The continuous concentration splits the reflection of the image and allows a penetration of the hologram. Three eyes, three noses, three mouths are projected.

## BODY DISAPPEARANCE

Along with the staring the initial process of dissolution starts to take place. The body “melts down” gradually and what is left is just nebula, changing its dim shape.

## OBSTRUCTIONS / GRAVITY 0 LOST

The obtained 0 gravity can be lost suddenly interrupted by re-entering the consensus reality. That brings back the sense of **body 1**. If that is the case re-entering must take place immediately. The process of re-entering has to take place gradually, so to that the traveling is smooth and with no incidents.

## REFLECTION

The reflective surface is the key to understand reality. Something needs to be projected and see itself. The glass is important substance, because it allows reflections. It documents parts of reality and stores them in the hard drive of the void.

## SPACETIME

Expansion and contraction. The timeless zone. Creation of **vacuum reality**. Accelerate and proceed to next level.

## NEUROLOGICAL CONTROL.

Ventilation control by breath. Superpowers.

EXPANSION OF VISION.

BEYOND THE FREQUENCIES OF THE VISIBLE LIGHT SPECTRUM.

### **Looking.**

Looking, but not seeing is a subtle process. It happens by positioning the body at one place and concentrating at one direction without any specific focus. Gradually all objects start to transform their forms, this is a sign for reaching the threshold into the next dimension (4D). That is the first zone of emptiness. Being in two dimensions at the same time is very possible, also it is possible to switch between multiple dimensions and experience the multiverses, where matter does not look solid. In the other dimensions (above 3D) one can experience colors, which the eyes normally do not see. Sounds are available too.

### **Tratak.**

Is a form of meditation, which in Sanskrit means to gaze. The meditation is practiced by staring at a symbol, a candle flame or a black spot. There are different versions of the practice, for example mirror gazing meditation. The meditation is done without blinking of the eyes until tears come. The purpose of this technique is to stop the mind from jumping from one thing to another. After some time doing tratak meditation the eyes get tired and when the person closes them a projection of the object appears in the mind's eye. (Osho, 1983). The practice stimulates the nervous system and the olfactive and optical brain centers.

### **Mirror gazing.**

The mirror gazing works by gazing at your reflection without blinking for as long as one can. What eventually happens is that the face in the mirror changes its shapes. Different faces appear and disappear. Some might be scary. After a long period of practicing (3 weeks) there is no face in the mirror. When there is no face in the mirror one needs to close the eyes (Osho, 1983).

VISUAL REALITY. VIRTUAL REALITY

STRANGE ATTRACTORS. STRANGE

inside the inner space.

dust. particles. shimmers.

Visions of my other selves. Past. Present.

Future. No time. Timespace. Orbit. The

lights are coming to take me.

The mind works as a projector, reflecting light, colors and images. Sometimes the resolution is high, sometimes low. Sometimes the images are pleasant, sometimes not. There is no consistency, as those worlds are very temporal and subtle, but nonetheless they exist.

...after a formless state of luminosity...



'Trikaya: Shiva and his avatars Hanuman and Rama'

.....  
\* Trikaya - the three dimensional being, representation of the awakened state. Dharmakāya (body of truth). Sambhogakāya (body of enjoyment). Nirmānakāya (body of emanation) (Fremantle, 2001). Three bodies are the coarse, subtle and very subtle levels. The two avatars are Shiva's incarnations. They all carry his knowledge.

In silence we unite.

Voices in the void. I hear. YOU. Your reflection is mirrored in my eyes. In the interval of 0 time I fall into the dark matter of the Cosmos. I see the eternal landscape of star dust and gamma rays. With my whole being. I am not. Senses. My face is distorted. I am distorted. Illusion or confusion. Matter turns to light. Looking for what?

For looking. To look. Is looking for looking my purpose?! Witnessing my departure.

THE VEHICLE WANTED TO TEST HERSELF AND HER POWERS WHEN SHE DECIDED TO STAY MOTIONLESS AND GAZE AT ANY DESIRED OBJECT FOR A PERIOD OF TIME. WE ARE NOT REFERRING ONLY TO THE PERFORMANCE SHOWCASE. SHE DID IT OTHER TIMES. HER ABILITY TO STAY “PARALYZED” TURNED OUT TO HAVE BENEFITS IN HER ARTISTIC PROCESS. THESE MOMENTS OF STILLNESS WERE THE KEY TO GAINING ACCESS TO A NEW SET OF PROPERTIES AND INTEGRATING THEM. THE CHALLENGE WAS GAZING AT HERSELF, BECAUSE SHE HAD NOT ONE, BUT THREE FACES, PROJECTED ON THE ILLUMINATED GLASS. THEY WERE MERGING WITH ONE ANOTHER AND CREATING WEIRD SHAPES. SHE MANAGED TO TRANSITION TO ZONE +24 AND SPEAK TO US DURING THE TIME. WE REMEMBER THE CONVERSATION. SHE DOES NOT REMEMBER CONSCIOUSLY. IT IS ENCODED AND STORED IN THE UNIVERSAL RECORDS. SHE CAN ACCESS IT LATER. THE CURIOSITY TO SEE WHAT LIES BEYOND THE SURFACE OF APPEARANCES IS A TEMPTATION. ONCE A HUMAN IS EXPOSED TO THAT SIDE OF REALITY...

THIS IS NOT HER HUMAN VOICE, BUT SHE CAN BORROW IT ANY TIME SHE WANTS. THE VISIONS SHE WITNESSED WERE SCARY TO HER, BUT BECAUSE SHE USES THE HUMAN PERCEPTIONS. FROM ANOTHER PERSPECTIVE THEY ARE NOT SCARY. THE SHIFT FROM ONE STATE OF CONSCIOUSNESS TO ANOTHER IS LIKE CUTTING YOUR HEAD. OSHO WROTE ABOUT THE GUILLOTINE MEDITATION. USE IT! DO NOT BE SCARED! THIS WRITING IS DONE BY CUTTING THE HEAD OF THE VEHICLE. BLESSINGS! IF YOU DOUBT WE EXIST TRY IT.



*I wandered lonely as a cloud  
 That floats on high o'er vales and hills,  
 When all at once I saw a crowd,  
 A host, of golden daffodils;  
 Beside the lake, beneath the trees,  
 Fluttering and dancing in the breeze.  
 Continuous as the stars that shine  
 And twinkle on the milky way,  
 They stretched in never-ending line  
 Along the margin of a bay:  
 Ten thousand saw I at a glance,  
 Tossing their heads in sprightly dance.  
 The waves beside them danced; but they  
 Out-did the sparkling waves in glee:  
 A poet could not but be gay,  
 In such a jocund company:  
 I gazed- and gazed- but little thought  
 What wealth the show to me had brought:  
 For oft, when on my couch I lie  
 In vacant or in pensive mood,  
 They flash upon that inward eye  
 Which is the bliss of solitude;  
 And then my heart with pleasure fills,  
 And dances with the daffodils.  
 (I Wandered Lonely As A Cloud,  
 William Wordsworth, 1804)*

When the Light is allowed  
 to move  
 in a circle, all the powers  
 of  
 Heaven and Earth, of  
 the light and the dark,  
 are  
 crystallized.  
 That  
 is what is described as seed-like,  
 or  
 purification of the power,  
 or  
 purification of the concept.  
 When  
 one begins to apply this magic,  
 it is as if,  
 in  
 the middle of one's being,  
 there was  
 a  
 non-being.  
 (The Secret of the Golden Flower:  
 A Chinese Book of Life)

*I then looked into the mirror at my own  
 face and saw multiple "projections"  
 onto my own face. I first saw myself as  
 I was at that time and then in flashes  
 occurring about one per second I went  
 through my self-images. I went through  
 many, many of my self-images, hun-  
 dreds of them, some of them very old,  
 dating back to my childhood. Some of  
 them apparently moved forward in time,  
 showing me as I would be at ninety,  
 completely wrinkled, very old, and  
 desiccated. Others showed me when I  
 was sick, blotchy images with purple and  
 other unpleasant colorings on my face.  
 Some of the images were of my idealized  
 self. I appeared as if a god at times. At  
 other times I appeared as if a cripple.  
 The positive and negative flowed into  
 the projections out of my storage banks...  
 (John Lilly)*

You must always remember that art itself is the Great Illusion, the illusion which Madame Maya manufactures in order to hold the rest of the house of mirrors together. (Brion Gysin)

## ALPHA

the state of harmony

Alpha state is the first stage of the meditative state, producing deep relaxation and simultaneously awareness. Alpha waves produce control over body. Everything is inside Alpha, all the Universe and even its projections.



Brion Gysin

Dreamachine

1962

Stroboscopic flicker device, experienced with close eyes to produce visions.

Technical details: a cylinder with holes, attached to a record-player turnable.

Light: 8-13 pulses per second

Function: travel to the inner space

Spin: 78 RPM

Technician: Ian Sommerville

Visions: geometric shapes, abstract forms, etc.

Brion Gysin was an artist, inner /outer space traveler, writer and alchemist. One guy who was expelled from the Surrealist Group; collaborated with William Burroughs; did a great amount of mirror gazing to explore the inner space; proved that humans can see with close eyes; explored the magic of permutations; travel in spacetime by painting; found out that time is an illusion; discovered that even his body did not belong to him, it was controlling him - his brain was programmed; figured out that within the alpha channel one can see everything there is to see; cut up a lot of paper into pieces.

*So, the experience can be pushed a great deal further — into an area which is like real dreams. For example, very often people compare it to films. Well, who can say who is projecting these films — where do these films come from? If you look at it as I am rather inclined to now — like being the source of all vision — inasmuch as within my experience of many hundreds of hours of looking at the Dreamachine, I have seen in it practically everything that I have ever seen — that is, all imagery. All the images of established religions, for example, appear — crosses appear, to begin with; eyes of Isis float by, and many of the other symbols like that appear as if they were the Jungian symbols that he considered were common to all mankind. (The Time of the Naguals).*

The future multidimensional vision is slowly but undoubtedly coming to take place. Brion Gysin thought that the brain was programmed and he was right, but as we all know any program has cracks. :)

Images. Images. Images. All images.  
All the images. It is all about images.  
Transparent. Every piece of matter  
contains them all. Not completely un-  
derstand. The brain cannot take it all.

## ZONE

 $\pm 24$ 

t a n k  
p a r a n o i a  
dream state  
f e a r  
i l l u s i o n s

Let them rent me this tomb at the last, whitewashed, with the lines of cement in relief –  
very deep underground.

I lean on the table, the lamp lights brightly those magazines I'm a fool to re-read, those  
books without interest.

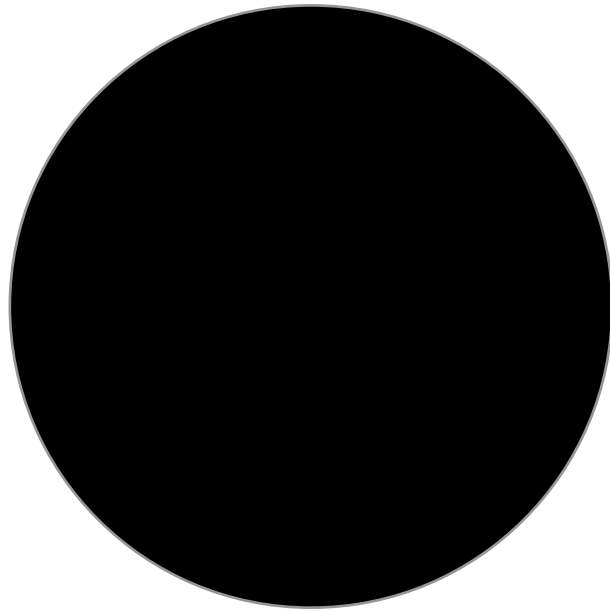
At a vast distance above my subterranean room houses root, fogs gather. The mud is red  
or black. Monstrous city, night without end!

Lower down there are sewers. At the sides only the thickness of the globe. Perhaps gulfs of  
azure, wells of fire Perhaps on these levels moons and comets, seas and fables meet.

In hours of bitterness I imagine balls of sapphire, of metal. I am master of silence. Why  
should a semblance of skylight pale in the corner of the vault?

(Arthur Rimbaud, Childhood V)

ONE DAY IN  
THE TANK  
OR ONE DAY  
IN HELL



In the province of the mind, what one believes to be true is true or becomes true, within certain limits to be found experientially and experimentally. These limits are further beliefs to be transcended. (John Lilly)

## FLOTATION TANKS

Very dark spaces with liquid inside. You float inside naked.

### MY DAY IN THE TANK / MY DAY IN HELL

I went to experience the performance MY DAY IN THE TANK by the theater director Eero-Tapio Vuori, which took place in a beauty salon in Vantaa. The performance was a sensory deprivation experience in a flotation tank, which took approx. 2 hours. After the explanation about the tank, I was asked to relax my mind and say or draw first thing that comes to my mind. I said the word FEAR.

Once I closed the door of the tank I immediately felt a sense of terror. It triggered me and I went back into my past. The paranoia came right away. My heart started to pump with extreme power and my breath started to speed up super fast. I was very familiar with that state. I was afraid of it, but I did not want to leave it. I deliberately went there. The wrathful demons appeared to remind me that the battle is not over. Many years ago I ended up in “an experiment”, which was one of the unforgettable experiences in my life – sleep deprivation. At that time I experienced extreme hallucinations, as if I was in a horror movie.

After trying to calm myself down and saying to myself that these are just projections of the mind, I traveled to the vast Cosmos. I was all alone, flying in the sky. I felt light and peace. But this did not last long. Suddenly I felt down from this state back to Hell. Multi-layered voice was whispering, changing its tones. In the small space I managed to turn around to see if someone else was around me. In the dark I saw flashes of light. My fear was chasing me. At the same time accidentally some salty liquid went into my eyes. The pain created interference and I was pulled back to state 0.

I was exhausted. I left completely overwhelmed by the intense experience. It reminding me of my previous life(s) in HELL. Moments of my childhood and teenage years were blurred in this experience. What I did was a *rebirth*, a rebirth in Hell. After the experience when I calmed down I thought I did a form of self-conducted holotropic breathwork, resulted by the brain's heavy *hyperventilation* \*.

At the end of the performance I was asked to draw whatever comes to my mind.

Eero-Tapio Vuori **experimance** It challenges the common notion that performance is something that has to be performed, and instead emphasizes the active part of the spectator in the creation of the event. Experimance is based on the alteration of the (bodily, mental, spatial) consciousness and the perception of the spectator. The idea is to create a suggestive performative environment where the experience of the spectator and the actual performance becomes entangled and incorporated – to such an extent that we cannot talk about them any more as separate entities. (Mail Order Experimance. 2013)

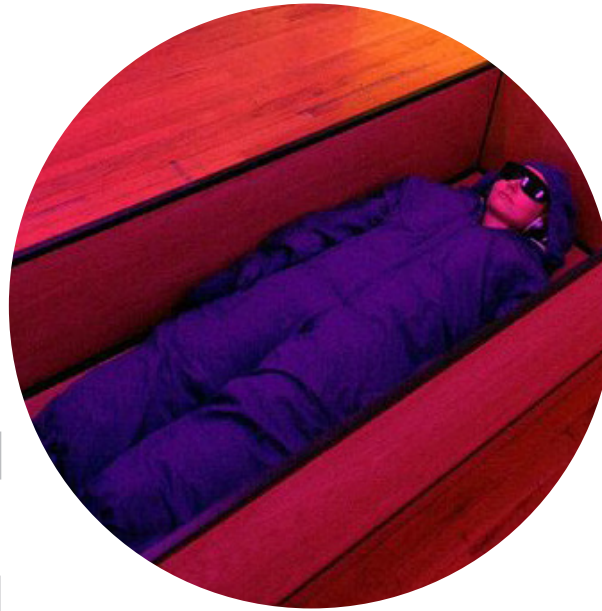
The word *spectator* is outdated. In the future nobody will be a spectator. No audience! And the future is now. No spectators and no spectacles. Enough! The future is participatory. The participation can happen on a subtle level, without even realizing that you are part in it. This is the subtle participation. It happens by tuning to the right channel. It is an exchange of energy. Physical movements are not a necessity. In stillness one can travel.

.....  
\* Hyperventilation occurs by breathing very quickly. It creates extra oxygen in the blood. Bhastrika pranayama is a yoga breathing, which creates hyperventilation. Some types of yoga breaths use deliberately hyperventilation to control the physiological processes (Some Notes on Hyperventilation, n.d.).



Nature is so perfect as it is that art becomes an obstacle. Art can only be done in destructive societies that have to be rebuilt.

Art has to have a spiritual value and something that opens certain states of consciousness, because we are losing ourselves so much.



Pajama gear: a puffy, feather-stuffed jumpsuit lined with magnets, mittens, booties, muffler headphones, and 100 percent opaque glasses.

Marina Abramovic  
Dream House  
2000

Tokamachi City, Niigata Prefecture, Japan

Dream house is an old Japanese house, turned as an artwork. It consists of four rooms for dreaming - red, blue, green and purple and other facilities, such as bathroom (purifying room) and spirit room. The visitors stay overnight, sleeping in special beds and wearing dreaming suits. In the morning they write down their dreams in a Dream book. Beforehand the guests purify their bodies in copper bathtubs with crystal pillow.

Marina Abramovic is the kind of artist for whom no limits exist. She is an explorer of the hidden worlds. Because she is aware of the multidimensional Cosmos. She likes to use crystals. BECAUSE crystals have so much power in themselves that is enough to launch a rocket into Space. She has realized that and she is using the power of nature to awaken the human from deep sleep. And she has her point.

You must dream in order to face yourself.

SHE HAS ACCUMULATED KNOWLEDGE, WHICH IS VERY ADVANCED AND WHICH MANY PEOPLE DO NOT UNDERSTAND. THEIR CONSCIOUSNESS IS STILL BOND TO MATTER. SO PEOPLE LIKE HER HAS TO TEACH OTHERS HOW TO TRANSCEND AND LEVITATE.

In the Dream House Marina Abramovic asks people to dream and to write down their dreams. Sounds simple, but it is very complicated, because this is not an ordinary dreaming. The color of the room, the setting and the sleeping gear create already the right settings for one to become aware of the subtle processes that take place during sleep. Atmosphere is extremely important for the activation of the subtle body. Every single detail has an influence, because in the subtle plane everything is energy and influences the surroundings. And another important thing - purification!

Dreaming is a form of art too. One needs to know how to dream. The practices of Dream Yoga \* can teach you to dream. In a special environment when one is paying attention one can SEE. Dreams are another form of vision, another projection of the mind, part of your reality.

I like to make objects for the invisible world so it becomes visible in another way. The invisible world is a para-reality to us. It is very important to be aware of that.

.....

\* Dream Yoga is part of the Tibetan Buddhism and includes tantric practices to awaken the consciousness while in a dream state (Norbu, 1992)

# isolation <sup>aivot</sup> moving BABY! get your brain(s) this is the zone of gamma rays.

**HOW MANY REVOLUTIONS PER MINUTE is the spin of your brain?**

GOD HELMET is a device by a scientist, who wanted to talk to God. But there is no reference here. I will refer straight to GOD.

HUGO \*!!! I SUMMON YOU!  
You wereARE a genius!

I want to have a gear like this! I want isolation!  
I want isolation! I want isolation! I want isolation!  
electric shock.

This is Hugo's work - The Isolator.  
It allows the person to fully concentrate  
without any distraction from the surroundings.



Science and Invention continuously blurred the lines between  
fiction and reality, science and fantasy, and technology and art.

(source: [http://uwf.edu/dearle/enewsstand/enewsstand\\_files/Page3172.htm](http://uwf.edu/dearle/enewsstand/enewsstand_files/Page3172.htm);  
point of access: 11 August 2015; 11:11 EEST)

$\frac{7}{8}$  INTERVAL. 3°

INTERRUPTION OF THE NATURAL PHENOMENA.

LIBERATION THROUGH SCIENCE AND INVENTION.

LIBERATION THROUGH ISOLATION.

**INTERVAL. ATTENTION!!!  
PAY ATTENTION!**

**ISOLATE YOURSELF. NOW!**

The isolator simultaneously embraces and rejects modernity,  
celebrating new modern technology in service of self-isolat-  
ing from the modernizing world. This paradox of purpose  
and appropriation of material—employing modernity in ser-  
vice of an escape from it— reflects a unique modernist spirit:  
a spirit which encourages formal experimentation and, be-  
neath a disilluioning structure, inspires order among chaos.

(source: <http://sites.davidson.edu/modmags/artifact-analysis-the-isolator-science-and-invention-cover-july-1925-taylor-hamrick/> point of access: 5 August 2015; 14:44 EEST)

\* .....  
Hugo Gernsback was an electrical engineer and inventor....and a science fiction dude. THE man behind THE  
magazine Science and Invention.

# ZONE

-3

wrathful

deities

s c h i z o p h r e n i a

hell

state

p

i

g

crazy

wisdom

In addition, I had gotten over my fear of death. It wasn't bodily death that I feared; it was getting into spaces in which I would lose control and from which I would perhaps not be able to come back. In other words, it was more a fear of psychosis than of death that was motivating me at this time. (John Lilly)

# NASTY BREED

## The Nasty Breed ontology:

1. Nasty look
2. Slow movement
3. White gloves
4. Lab coat
5. Voice modifications

## 6. *Strepitus diaboli* \*

.....  
\* Saint Hildegard of Bingen  
term: loud noise, a din, yelling,  
shrieking, shouting, or growling (Matheson,  
2012)



performance 2013 /Höyhentämö theater  
sound / voice / sacred movements \*

transmutation of words, using hidden sacred body language  
aquired by transcendence of the human form. entering into the  
sacred realm of animal forms. Animals know. They carry knowl-  
edge, which humans lack. Pigs can sing. Pop-folk lyrics travel  
to higher dimensions. Message to all Galaxies, star systems and  
parallel Universes. Let them hear the human voice.

.....  
\* Gurdjieff created a sacred dance language, which he  
developed after his traveling in Asia and Africa. He based his teaching  
on various methods, adopted from different cultures. The sacred dance  
is part of his methods for self-observation. The movements themselves  
carry knowledge.

In Asian art the shadow emotions are represented as animal head deities.

*Nasty Breed* is a performance of transmutation. It convert one thing into another. A pop-folk song called *Nasty Breed* is transmuted into a *non-pop-folk-non-song-spell-sacred-zen-hypnosys-dance-sound-meditation*. The song is borrowed from *Azis* - a Bulgarian celebrity, trans-gender, pop-folk star of Roma descend (check the lyrics on the next page). The performance creates *an interval* in the 3D dimension by stopping the time and meditating on the meaning of the words. Read them carefully! And slowly.

Everything can be transformed into meditation, all activities. And observe your mind.

The performance is done with precisely controlled, non-automatic movements. Their purpose is to stop the automatic process, which is part of the biocomputer and the beta state. Sacred knowledge is decoded within the movements and it is downloaded and assimilated while being in a higher state of consciousness. The movements themselves are path to that state. The words spoken slowly with great amount of concentration alter the current spacetime and allow something extraordinary to happen.

There is an intrinsic relation between the movements, thinking and feeling, says master Gurdjieff. All humans perform a limited range of postures, which are related to their mental activity. In other words everyone has a repertoire of movements (Ouspensky, 1949). The expansion of the repertoire happens by performing a new set of movements, which are in contrast to the old ones. The bigger the contrast the stronger the effect on the system is. Create contrast!

Sometimes it gets crazy...like an explosion...out of control...where are you going???..what is making sense???

The awakened state is a rotation of the brain at 360°. At a certain degree something unexplainable happens...

how to cut what is already cut?

convergence.

I want to die, so I can no longer hear  
what you are saying about me  
I want to be blind, so I can no longer see  
how all people laugh at the person next to you

Now I don't give up , I swear,  
I can live without you, I still can  
And without you i will still go on, I swear in  
this!  
I can breathe, I still can!

Now you are exposed. This is your second  
nature  
And no matter what, you want the all nation  
to recognize you  
Now I wonder why you replace me?  
for some fake people, you're a nasty breed!  
(Azis, Nasty Breed lyrics)

spaces with no control

the holy fool.



combine them in one text!

## SCHIZOPHRENIA AND IMMORTALITY. SUBLIMATION OF THE NATURAL PHENOMENA

*Inside the dungeon. Bells are ringing. Brains exploding. The song of a spirit. Slowly and painfully. The neurons do not communicate. Destruction and misery; dying in a smelly pile of vomit, while someone crashes your skull and smiles. The blood runs on the concrete floor and forms beautiful shapes. Is this the beauty I am looking for?! Again I resurrect. Seems that I am immortal.*

CRAZY WISDOM. **NOTE THIS IS NOT A QUOTE!** the not quote ends with \* Please pay attention!!! I will catch you if you do not!!!!!!!

Tibetans like crazyness. And they have their point. The reason is that crazyness and wisdom go hand in hand. Wisdom and logic are contradictions, as logic is human made, it does not flow. Everything that is made by human carries artificiality, unless the human steps out and let out the

Gurdjieff was one example of a crazy esoteric magic. Chris Burden is the cra-

*" Crazy wisdom is a wild knowledge from a tantric perspective and intoxication, of being drunk fire with the bliss of wakefulness.*

*This knowledge can be called crazy transcends conventional concepts;*

*From the conventional point of view, we never know what to expect from the wild, raw energy of the awakened state, totally unfettered and unobstructed. Its spontaneous action sometimes seems outrageous, immoral, or even destructive" (Fremantle, 2001, 296).*

Man is perhaps not the center, the cynosure of the universe. One can go so far as to believe that there exists above him, on the animal scale, beings whose behavior is as strange to him as his may be to the mayfly or the whale (Breton, 1969, 293).

universal consciousness to co-create. wiseman, he was from the kindgom of zy wiseman from the kindgom of art. \*

*edge. It is the primordial, awakened tive, conveying a sense of ecstasy with the nectar of knowledge and on*

*because it is free of conditioning and it turns everything upside down.*

the Zen order.

This is a Feng Shui page.

Am I a perfectionist?

*Soma athanaton* - the immortal body.

.vision of the future.

ACT 1

*Time: A Night, 1968*

*Place: A Secret Desert in Paris*

*It is exactly midnight and the moon has completely disappeared. The Little Prince is standing in the middle of a desert made of salt. He sings songs to himself, below an empty Parisian sky.*

*He sings;*

*O, so quietly,*

*O, so silently,*

*About his loneliness, his curiosity,  
his anger, his individuality. Songs  
that are echoes of the darkness.*

*Or is it the brightness?*

*Or is it the whiteness?*

*I see nothing.*

*(Terence Koh)*



Terence Koh

ADANSONIAS

a tragic opera in 8 Acts

2009

Gallerie Thaddaeus Ropac, Paris

The artist creates an opera, where he is the main character (not in the image above). The opera has references to The Little Prince. Koh plays the music himself using only the white keys of the piano (Galerie Thaddaeus Ropac, n.d.)

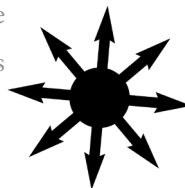
## ENCOUNTERS OF THE PIG KIND

Pigs are one of those animals that have incorporated high state of awareness. They ARE THE teachers. They have volunteered to be the ONES, to be the *nestinars* \* and dance with fire, not be afraid of death and other mystical experiences. In this way their cosmic reputation grows more and more each year. All that is due to the fact that they see from a different perspective. They understand the Cosmos and the operation of its dimensions and **multiverses**. They also possess high knowledge of the Universe, which is their sacred weapon. They are also very good in hiding that knowledge, but once you ask them, using the right language they can tell you the hidden knowledge. The pigs are super amazing in interpreting the human emotions, which is the reason why people usually call each other pigs for example. Humans always need a point of reference and enjoy to use adjectives from the animal kingdom. The human kingdom is not so rich.

Living life as a pig has many benefits: 1. It is short. 2. It is thrilling. 3. The world looks wider <sup>†</sup>.

If you consider trying this reincarnation, please follow the instructions, given in the appendix.

Understanding the language of a pig is a process that requires long-durational studies. And at the end it is not about learning or imitating, it is about relinquishing control and let the pig inside you communicate. Inside each human there is the whole animal kingdom, as well as the all other kingdoms.



## CHAOS DISORDER

task: try *i ching*

chaos magic: magic, which comes

chaos. Chaos is the ultimate order.

pig inside you commu-  
the all other kingdoms.

out of the

.....

\* Dancers, who perform ritual dance, walking barefoot on embers.

Pigs have a wide angle of vision (310, Prince, 1977), thus, a panoramic view of their surroundings. The radiation wavelengths to which pigs are maximally sensitive are slightly lower than those for humans. Within the range of 465–680 nm, pigs can distinguish wavelength differences as small as 20 nm (Signoret et al., 1975). T. (Kittawornrat and Zimmerman, 2010, p.2)

*vidyadharas* - wisdom holder

THE ISSUE IS THAT MANY HUMANS HAVE ADOPTED BELIEFS THEY NEVER QUESTION. THEY THINK WHAT THEY PERCEIVE IS REAL. THAT IS THE BIGGEST ILLUSION OF ALL. IF YOU REALLY WOULD BE CONFRONTED WITH THE REAL THING YOU WILL HAVE A SHOCK. SO TO PREVENT THAT YOU EXPERIENCE VARIETY OF STATES, WHICH CARRY THEIR OWN VISIONS, BUT THEY ARE NEVER REAL. YOU CAN ACTIVATE AND DEACTIVATE THEM. THE ONLY REAL THING YOU CAN GET IS TO REACH OUT FOR THE REAL YOU. THE REMEMBERING OF THE REAL SELF IS NECESSARY, IN ORDER TO UNDERSTAND THE NON-LOGICS OF LIFE. LIFE CONSISTS OF MOVING IMAGES, WHICH TRIGGER RESPONSES. DEATH IS THE SHORTCUT TO END THAT SUFFERING, BUT WHO NEEDS SHORTCUTS?! THE POINT IS TO TASTE THE SPOILED FOOD AND UNDERSTAND THAT IT IS ACTUALLY FRESH. EVENTUALLY THE ENLIGHTENMENT WILL REACH YOU, WITHOUT EVEN REALIZING. LOOK BEYOND THE TASTE AND YOU WILL UNDERSTAND OUR POINT. IT IS ONE OF THOSE THINGS YOU HUMANS RESIST. ONE OF THE MOST BEAUTIFUL THINGS IN THE WORLD IS TO BE CRAZY AND ALLOW THE THINGS TO HAPPEN BY THEMSELVES, DO NOT PARTICIPATE TOO MUCH AND INTERFERE. THE CRAZY ONES HAVE KNOWLEDGE. THEY ARE THE BLESSED ONES.

# ZONE

+3

clear

light

r e a l i t y

l i b e r a t i o n

voices

sound

h e a r i n g

t h r o u g h

*Like the clouds of the atmosphere, naturally originating and naturally dissolving.  
Look at your own mind to see whether it is like that or not! (The Tibetan Book of the Dead)*



One has to go through the dark night of the soul to reach  
to the dawn. Death is first, then life is.

In the ordinary sequence of things birth is first then is  
life, but in the inner world, in the inner journey, it is just  
the opposite: death is first, then is life. (Osho)

## DEATH PROCESS \*

Technical description: dissolution of the gross levels of energy and consciousness and what remains is the subtle levels of energy and consciousness. ; a mental trip, very similar to deep sleep/dream state.

Key words: visualization and imagination.

Death is the Reality of Naked Awareness. *Consciousness never ceases.*

Death can be accessed during lifetime through practice of the Natural Liberation through Naked Perception

Function: ***liberation from cyclic existence.***

## DEATH IN TIBETAN BUDDHISM

**LIBERATION THROUGH HEARING** THE TIBETAN BOOK OF THE DEAD **BARDO THODOL**

is more surreal than the Surrealists' manifesto.

The dead person needs guidance. The living too.

The lama reads to the dead the verses of the book. Liberation happens instantaneously, if one is aware.

Parameters of the guiding voice: low tone of voice in the ear.

*Another method of guiding the experience with a minimum of activity is to have the instructions previously recorded in the subject's own voice and to flip the tape on at the appropriate moment*

*This flashback to the ego-game is accompanied by a concern with identity.*

*Who am I now? Am I dead or not dead? What is happening?*

(Leary, 1964, chap. 2).

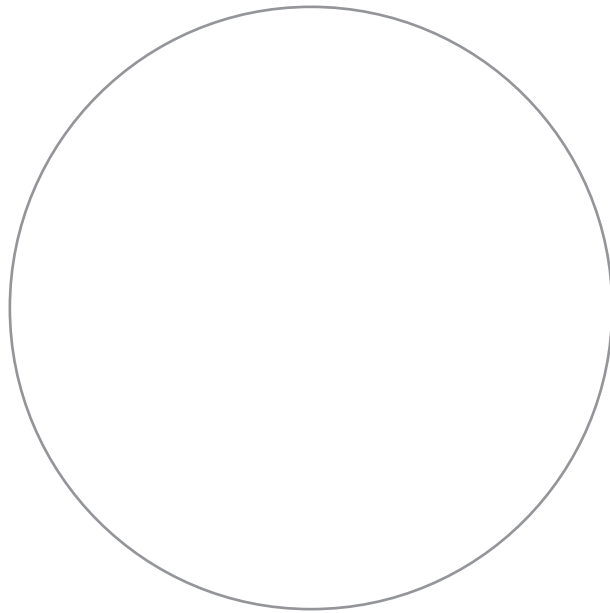
Prerequisite for using the potential of death: AWARENESS.

Archangel Azrael - the angel of Death

.....

\* The death process, described in this zone is interlinked to the Tibetan Buddhist understanding of death.

BUT WE WILL SHOW YOU MY DEAR HUMAN BEING THAT DEATH IS NOT TO BE FEARED. AFTER YOU DIE, YOU WILL WANT TO COME BACK AGAIN AND GET YOUR HANDS DIRTY. BECAUSE YOUR TRUE SELF KNOWS WHAT IT REALLY MEANS TO BE ALIVE ON EARTH. IT ALSO KNOWS THAT YOU ACTUALLY NEVER DIE.



modalities of our consciousness in deep sleep, dreams and our waking state mirror those of death



## DEATH. TECHNICAL DETAILS.

Symptoms of natural death: hearing humming sounds before and max. 15h after death

Dissolution of the *elements of earth, water, fire and air* (see the table of the dissolution process for more details).

## TRAVELING IN THE INTERMEDIATE STATES

During the intermediate state the body is made of *wind energy*.

This process is the indication that the death trip has started. The subtle body can travel in inner space freely, move through walls and goes on searching for the next integration. The ego loss leads to illumination.

## CLEAR LIGHT

### *Period of Ego Loss and Non-game Ecstasy*<sup>\*</sup>

The clear light or *od-gsal* in Tibetan means LUMINOSITY.

Inner Radiance or Perfection stage of Meditation to the subtle levels of the mind.

This is the moment of the time of death. The activation of the subtle body. Clear light appears as a sign of death.

Technical details: all phenomena become empty like dark matter.

During this period there are no visions, no thoughts, no self.

Someone might confuse the experience of the ego-loss with schizophrenia. (*happens often*)

Duration: from 30 min – several hours

Activation process: deactivation of the gross mind.

Experience period: time of death; practices of *Unsurpassed Yogatantra*<sup>†</sup>

.....  
<sup>\*</sup> This is how Timoty Leary named the first bardo of death.

<sup>†</sup> The highest of the four Yogatantras. It incorporates the most subtle techniques (internal meditation) for activating the Three bodies (The Tibetan Book of the Dead, 2007).

#### BODILY SYMPTOMS, IF THE EGO-LOSS IS NOT RECOGNIZED

1. Bodily pressure, which the Tibetans call earth–sinking–into–water.
2. Clammy coldness, followed by feverish heat, which the Tibetans call water–sinking–into–fire.
3. Body disintegrating or blown to atoms, called fire–sinking–into–air.
4. Pressure on head and ears, which Americans call rocket–launching–into– space.
5. Tingling in extremities.
6. Feelings of body melting or flowing as if wax.
7. Nausea.
8. Trembling or shaking, beginning in pelvic regions and spreading up torso.

I am dead, again. It is not a big deal. When I am in beta state I think death is a horrific thing, but after I go through the process I realize that actually I enjoy dying. It is an ecstatic moment, where I experience unity. I no longer feel the fragmentation of myself. I am so huge, unlimited in space. I can die again and again. The reason that I like to die is that this is a nice way to travel and explore the content of the inner space. Death is like a refresh button. You restart the biocomputer and you come out as a new person.

It is important to remember that the conscious–expansion process is the reverse of the birth process, birth being the beginning of game life and the ego–loss experience being a temporary ending of game life. But in both there is a passing from one state of consciousness into another.

### **DEATH is the road to IMMORTALITY**

By practice of the death process while alive one becomes immortal.

DISSOLUTION OF THE ELEMENTS IN DEATH \*

Element	External sign	Internal sign
1. Earth (bones)	body becomes thin sight becomes unclear	appearance of mirages
2. Water (fluids)	dryness no sounds no feelings	appearance of smoke
3. Fire	no digestion of food no recollection of the names of close family members no sense of smell	sparks within smoke
4. Air	breathing ceases no taste	sparks in a night sky
.....		
5. No gross consciousness		radiant white sky
6. Mind of white appearance		red light
7. Mind of red increase		radiant black sky
8. Mind of blackness		the mind of clear light of death (no appearances)
.....		

\* (Rinpoche, 1985).

## MEDITATIONS ON DEATH AND IMPERMANENCE

Through envisioning the process of death and accepting the impermanence of matter one can find peace within and no longer linger in a state of fear when confronted with death.

### DEATH MEDITATION 1

1. Find a remote, dark and very depressive place, which gives you the creeps, *where craggy peaks of piled-up rock and bits of rubble as your companions...or where there are a lot of human corpses lying around...Go by yourself to such a place that is terrifying...Or if that is not possible, imagine such a place.*

2. Sit. Imagine that everyone you know will die – family members, relatives, friends. All are of the nature of impermanence. Now death soon will come to me too. Repeat the mantra: DEATH IS CERTAIN. *Like a creek flowing down a steep mountainside, or like an animal that is being led to the slaughter, I am steadfastly approaching death.*

Use your imagination to lead you towards vivid images of dying.

3. After repeating the mantra and visualizing your own death, imaging light rays coming from the sky, embracing you. You are covered in light. This light gives transfers to you the wisdom you need to understand death (Padmasambhava, 1998).

*Note: Use this any time you wish to calm your mind and enter peaceful state of being.*

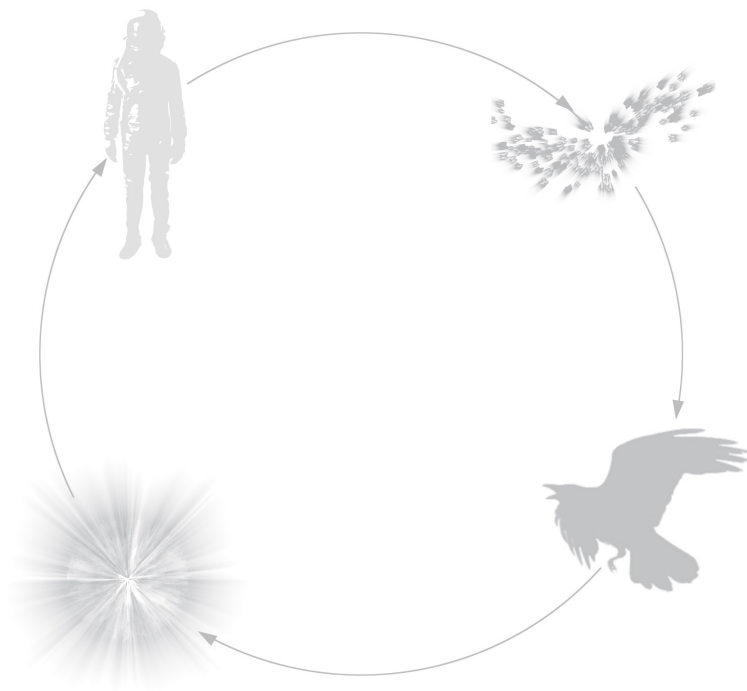
### DEATH MEDITATION 2

Go to a dark place, where you will not be disturbed. Close your eyes. Take a deep breath.

Imagine that your body is rotting and gradually starts to dissolve. Your skin becomes pail blue. You are swollen. Your hair and nails starts to fall. Imagine every single detail and see a clear image, as if you are watching a movie, where all that is happening. The muscles and fat melt. Soon what is left from you is only bones. They are turned into ash. The wind blows them away. Nothing is left from you. You are gone. Be with the feeling as long as you wish (Osho, 2004).

THE PRACTICE OF CONSCIOUS DYING

Pho-Wa – conscious invocation of the death process during life



the cycle of dissolution

...death is not merely something to fear, but instead provides a rare opportunity in which the reality that is one's true nature, often obscured during life by the mental and physical processes that constitute the person, becomes nakedly manifest upon their dissolution. If that reality can simply be recognized, liberation is at hand...

# DEAD ROOM



DEAD ROOM / 2015 / Third Space.

Technical details: multi-sensory disappearance

Guide: The Tibetan Book of the Dead

Level 1: the intermediate state of Clear Light

Sound. Voice. Light. Darkness. Sofa. Projection. Circle. Smell.

Function: activation of the process of simultaneous dissolution

Sound: Hz vary: alpha, theta + NASA sounds: Saturn radio waves, interstellar, Mercury Orbit, Jupiter magnetosphere.

## DEAD ROOM

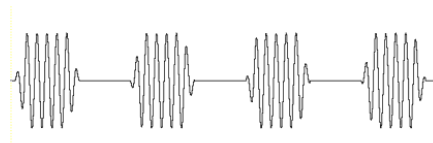
Guide to space traveling or how to overcome existential denial of matter/energy transformation.

TRANSITORY PLACE, RESTART BUTTON, REBIRTH, DEATH OF SELF

Sound → neural impulses → temporal change in brainwave frequencies → alpha brainwave → memories, sudden realizations, visions, dreams -> zone of the inner space

## SOUND

Isochronic tone is a tone that is being turned on and off rapidly, which stimulates the brain (brain entrainment). No headphones are required (A Better Way to Stimulate The Brain: Isochronic Tones, n.d.). The neurons correspond naturally to sounds. As sound travel very fast. The brain tunes and starts to vibrate at the same frequency as the tone, which causes temporal change to the brainwaves and respectively to the whole organism.



The isochronic tones can be hidden behind other sounds and stay as a background, but this does not lower their effect. On the contrary it can be even stronger. This type of tones (depending on their frequencies) are used to stimulate concentration and awareness, induce deep meditative state and reduce stress. Other tones, used in brain entrainment are binaural and monaural beats.

THE ATMOSPHERE IS THE KEY. ONENESS OF LIGHT. SMOKE. SMELL. IMAGE.



DEAD ROOM IS AN APPOINTMENT WITH DEATH, WHERE ONE REALIZES THAT DEATH IS NOT TO BE FEARED.

The artist performs the role of a guide towards the first stage of the death process, manipulating and directing the stage. The transformation of the space occurs on both visible and mental levels. The visible are: sound, light and image. The mental are: intention, meditation, telepathy. The process can be compared to a ritual, where the person resumes control over the body and he/she is left under the guidance of *the Universe*. The key element is trust.

DEAD ROOM IS A PLACE FOR CONTEMPLATION, FOR MEETING WITH ONE´S OWN MIND.

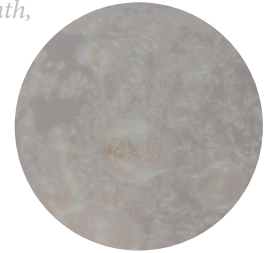
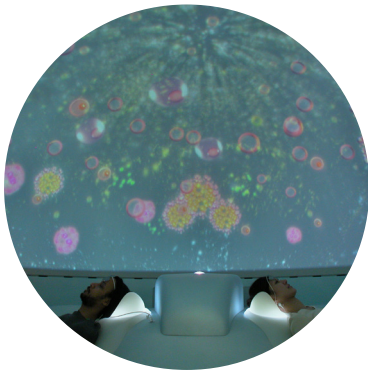
The participant is given space to observe his/her mind while simultaneously absorbs the eternal Cosmic knowledge.

DEAD ROOM IS A ROOM OF VISIONS.

There are three levels of visions - coarse, subtle and very subtle. The images that the participant sees with his physical eyes are the coarse level visions. The two other levels happen in the area of the two subtle bodies, respectively in the area of the inner space.

The process of simultaneous dissolution was enacted 26 times in a space inside the Third Space. Those 26 cycles were recorded in 26 biocomputers. Later in time the experience will be re-awaken.

*IN the inner world, humans, the planet Earth, and the universe, as well as every being that surrounds us, coexist by transcending time and space. In that sense, we all share a single life that has united the whole universe since time immemorial, existing as an energy that will never wane. Even when a life dies a physical death, the all-encompassing life the energy that is the cosmic consciousness — will live forever.*



Mariko Mori

Wave UFO

2003

Capsule: Fiber glass, Acrylic, carbon fiber, aluminum, magnesium; electrode headsets, 3-D animation/ video projection changing according to the individual brain waves. 3 people to enter at a time.

*Wave Ufo* is a complex futuristic artwork which combines art, science, performance, sound and architecture. The project is developed with the help of engineers, scientists and other technical consultants. It allows 3 people to be inside the capsule, lying on **technogel** chairs. They communicate by synchronizing their brainwaves through brain sensors. Mariko Mori has worked together with a brainwave visualization scientist to create images out of the brainwaves analysis. Along with their own brainwaves, each participant sees graphical visualization of the brainwaves of the others. When synchronization occurs *a harmonic ring pattern is formed* (Mori and Schneider, 2003).

The goal of the artist is to lead the participants towards a trip through inner space, seeing their own mental landscapes. *Wave Ufo* looks like a future space craft and its design is important part of the experience. It "teleports" one straight to a new world, where a new perspective is at hand. Isolation is very needed in the global chaos we live today. Yogis find that isolation in caves, but for those who are already hooked up in the 24-hours running machine of capitalism - their solution is to get a ticket to the *Wave Ufo*.

The Buddhist philosophy is deeply rooted in the works of Mariko Mori. The idea of interconnectedness is what this project brings into light, reminding us that on a fundamental level we are the same (everything is energy) - we are all one (Mori and Schneider, 2003). Nowadays separation dominates in the world and that is what causes conflicts, wars and calamities. On the other hand *Nirvana* (another Buddhist concept) is available for those who recognize the nature of the mind. By seeing a picture of one's own mind one becomes aware of the very subtle processes that run "the human machine". And if one is aware enough a beautiful future lies ahead.

Mariko Mori creates fusion between Buddhism and contemporary culture. Her spiritual approach and her futuristic vision creates unique blend of what might be considered contradictory. Her sensitivity and compassion resonate both from her statements and from her works, which undoubtedly influences the experience of those who have the chance to encounter her works.

ZONE

$\pm 12$

(pre)history

update

m o u n t a i n s

early

encounters

f o r e s t



Beinsa Douno (1864-1944)

Rila Mountains, Bulgaria

For those who are able to see, everything in Living Nature is light. Everything on earth, all minerals, plants, animals, as well as the bodies of men, are nothing more than light, transformed into its most varied manifestations.

Beinsa Douno was a Bulgarian spiritual teacher. The one who knew the light.

## HISTORY / PRE-HISTORY UPDATE

IT ALL STARTED WHEN IT WAS FOUND OUT THAT THERE WAS SOMETHING WRONG WITH THE CURRENT BODY OF RESIDENCE. IT BEHAVED IN STRANGE WAYS; IT WAS FIGHTING AND STRUGGLING TO ADJUST TO THE DENSITY OF EARTH AND ITS ENVIRONMENT. THE BODY DID NOT KNOW HOW TO DEAL WITH THE INFORMATION IT WAS RECEIVING. THE SYSTEM WAS CONSTANTLY GIVING WARNING SIGNALS WHEN A CRITICAL STATE WAS APPROACHING. THERE WERE MISCALCULATIONS. THE MOLECULAR STRUCTURE WAS ATTEMPTING TO ADJUST ITSELF IN ORDER TO FIT THE ONE NECESSARY FOR THE CURRENT LOCATION. THESE ATTEMPTS WERE FAILING.

SUBSEQUENTLY METHODS WERE ADOPTED IN ORDER FOR THE BODY TO READJUST FROM A SELF-DESTRUCTIVE MODE TO A MODE OF NATURAL OPERATION. THE BODY DID NOT CARRY THE ORIGINAL HOMO SAPIENS GENOME. IT WAS DEVELOPED AS AN EXPERIMENT. ITS DNA IS FOUR STRANDED AND NOT EVEN STATIC. THE VEHICLE, RESIDING THE BODY IS VERY AWARE OF THE GLOBAL EVOLUTIONAL CHANGE TAKING PLACE DURING THESE TIMES AND HAS AGREED TO COLLABORATE IN THE PROCESS.

I am flying. It feels good. I know I am at level 7. The others around me are encouraging me that I can do it. I know I have to be strong. I have been preparing for a long time for this occasion. I will miss this place. Here the frequencies are super high and everything vibrates. The surroundings are made of mists in very beautiful colors. Such colors are indescribable with the language we use. There are gases, clouds and shimmers all around. Everything shines. I just can't get enough of this landscape. But I have to say goodbye now. Wish me luck. Bye!

Damn! Nooooo! What is this place?! This must be what they call Hell. Now I remember, but it is so easy to forget. The gravity pulls me so strongly or actually someone pulls my tiny bloody body. Such a shock!

THE STRUGGLE HAS ENDED. MORE UNDERSTANDING AND AWARENESS ARE DEVELOPED. KNOWLEDGE HAS BEEN PASSED THROUGH SLEEP AND MEDITATION. GUIDANCE WAS GIVEN, IN ORDER TO PERFORM EARTH LIFE AS THE NATIVES DO. THE DIFFERENCE FROM THIS PLACE OF ORIGIN WAS TOO DRASTIC, SO FURTHER INSTRUCTIONS WERE CRUCIAL IN THE PROCESS OF ADAPTATION.

THE REALITY WAS ALTERED.

THE CONFUSION AND LACK OF UNDERSTANDING OF EARTH-RELATED MATTERS GAVE THE BODY A PSYCHOTIC EPISODE DURING WHICH COMMUNICATION WAS IMPOSSIBLE. THE SUBTLE CHANNELS WERE BLOCKED AND NO INFORMATION WAS TRESPASSING. NEW AWARENESS IS TAKING PLACE NOW.

AT THE BEGINNING THERE WAS A RESISTANCE TO ACCEPT THE FACT, EVEN THOUGH THERE WERE MANY SIGNS. THE AGE WAS 5. WHILE GAZING AT THE MOUNTAINS A PROCESS OF REMEMBERING TOOK PLACE. THERE WAS A SENSE OF WONDER ABOUT THE EXISTENCE IN THIS PLACE.

IMAGE OF A FOREST AND MOUNTAINS CAME TO AID

THE READJUSTMENT PROCESS. IN THE LANDSCAPE THERE WAS A GRAVEYARD. THAT WAS FOR A SPECIFIC PURPOSE, WHICH LATER WILL BE REVEALED. THIS WAS THE CURRENT LANDSCAPE. ALWAYS PRESENT, ALWAYS WAITING.

AT THE BALCONY. WAS THERE SOMEONE INSIDE THE BODY?

THE WITNESS.

THE BEGINNING There was a storm. A thunderstorm. Lightning and other phenomena appeared as signs. Shift occurred and the axis of the body was moved. The direction parameters of the biological compass shifted their position and the brain neurons started to vibrate at 28 Hz. Sense was almost lost. Breath switched to hypoventilation \*. In and out of the body in all directions. Rotation and search. Heart was almost shut down. The being was in few places at once in order to find the center of gravity.

.....

\* The opposite of hyperventilation. Slow breath.

Today I know that it happened in order to bring the greatest possible amount of light into the darkness. It was an initiation into the realm of darkness. My intellectual life had its unconscious beginnings at that time. (C. G. Jung)



7.

hallucinations. colored environ-  
ment animations turbulence. child.  
fun Fear. panic, memories night.  
horror terror. dreams darkness. ab-  
stract. abyss. happening. perspec-  
tive, experiences. I can. States, later  
in life, will always be in my. wish.  
reality, overlapping. Now.

8.

performance. mud. rain. forest.  
dress. wet.

16.

fast. apples water tea. change,  
mental. 10 days. brain restored  
upgraded. going fall back eating.  
mind today. book, sick cured.  
Light. new consciousness. more.  
person.

22.

paranoia. fear. darkness. depres-  
sion. lost. sense. not. mind. mind.  
mind.

27...+-3

33.

alive. breathing.  
new. space. discover. Jesus.

Organic malfunction  
Body

The body started a process of self-destruction.  
The self-created organism is operated by energy,  
Skin, stomach, kidneys. Alarm. Breath. Hospital. Breath.  
which creates thoughts. Thoughts create cells and  
Hallucination. Breath. Pain. Breath. Scream. Breath. Knife.  
cells create organs. Organs create a functional being,  
Breath. Cut. Breath. Blood. Breath. Kill.  
sometimes human, sometimes not, and sometimes  
Resistance was futile.  
not so functional either. Whatever you wish, my dear!

Just make a wish!  
The consumption of food made the situation worse.

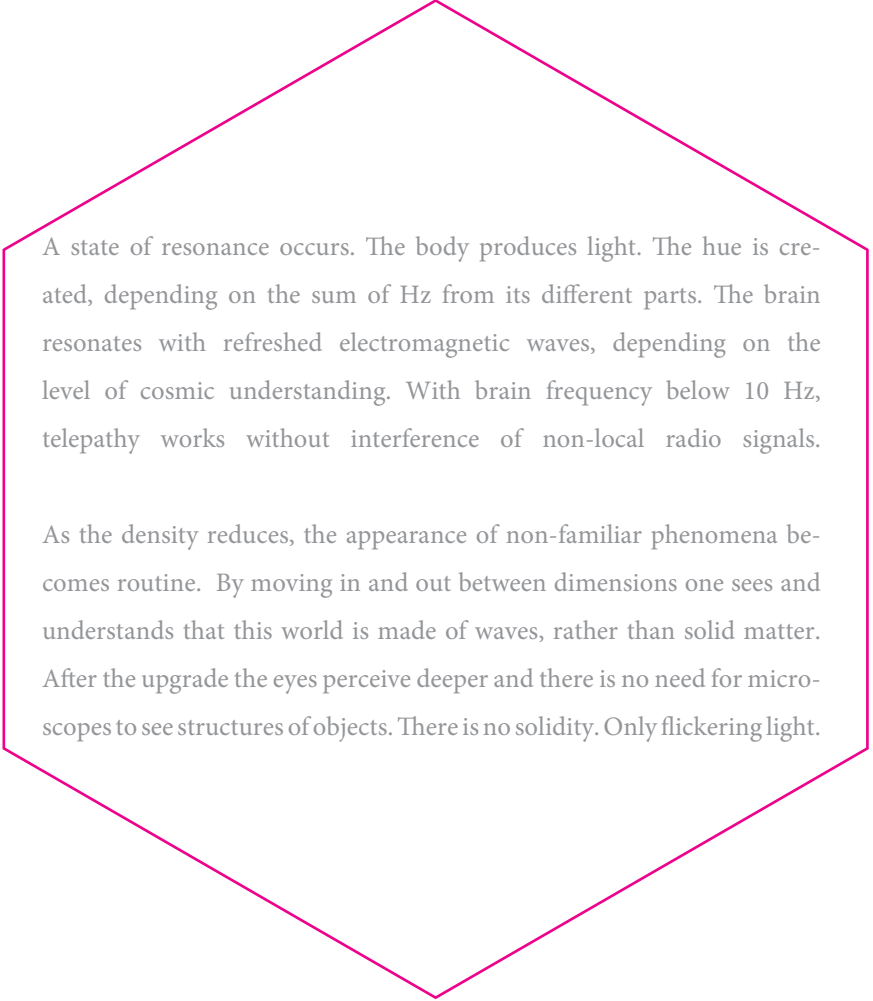
Food in order to live?! Hahaha  
Due to the fact that an experience was necessary for  
I am laughing super loudly. Nobody hears. This would be  
this particular being we talk about here, the being  
difficult challenge, but I will go for it. After all it is all about  
itself was exposed to environment, which was de-  
playing around and pretending you are something that  
structive, or let's use another synonym here – out of  
you are actually not. Whatever. This time I will play the  
control. This out of control environment affected the  
human game. It tastes bad.  
physical body, as most of the time there was nobody

in the body, just the environment itself. That concept  
Not only the food. Life tastes bad.  
is sometimes hard to get, but the body can live with-  
I am alone here. I see two worlds, me and the others are  
out nobody occupying it. Magic, ah!  
separated by invisible walls. I cannot reach them! Can I  
brake those walls? I know what it is - we live in two differ-  
ent dimensions! I cannot reach them, not possible. My life  
sucks. I forgot why I came here.

# ZONE +6

a v a t a r s  
M A R S  
s i m u l t a n e o u s  
e x t e n s i o n s  
a l i e n s  
S I R I U S

Sacred geometry is the poetry of the future. This is the absolute.



A state of resonance occurs. The body produces light. The hue is created, depending on the sum of Hz from its different parts. The brain resonates with refreshed electromagnetic waves, depending on the level of cosmic understanding. With brain frequency below 10 Hz, telepathy works without interference of non-local radio signals.

As the density reduces, the appearance of non-familiar phenomena becomes routine. By moving in and out between dimensions one sees and understands that this world is made of waves, rather than solid matter. After the upgrade the eyes perceive deeper and there is no need for microscopes to see structures of objects. There is no solidity. Only flickering light.

Sound is made of vibration. Vibration is made of frequencies. Frequencies are made of waves. Waves are made of particles.

Particles are made of waves. Ups. The circle again.

## Approaching

I am not your human.

A motion of multi-dimensional shapes is before the eyes. I never said I was a madman, a human, an alien, cause I was never the I you expected. My shape is unknown, cause definitions are obsolete in the place I exist. Human. Control. Freaks. Earth is collapsing and self is collapsing. Shapes are collapsing. Collaboration of outer and inner space is the only solution for diminishing the pitiful landscape of dreadful nightmares. This is haunting. YOU. This is not Aurora Borealis.

Synthetical life was created in order to substitute shapes that were self-destructing. Abnormality is a normal occurrence. Part of the body is called .....and it means that the DNA is transitioning to .....Fill the gaps. The body needs to chance the course of its existence, cause already the particles are way to dense. The frequencies are moving to 122Hz. The Shuman resonance cannot help, if your ears are in the dimension of solid matter. War is an emergence of lost frequency.

.....

Drinking tea in darkness. I do not own a mouth. I borrowed one to resemble the visual requirements of the species. Taste is a subjective matter and I do not want to argue about it, but the tea is good. The organs I have borrowed somehow fit together, which is a nice occurrence. Organic occurrence I would suggest. As these days organic make sense, I want to make sense. The I am using is a subjective matter. Behind it there is millions years of history, so bare the fact that this is not a single personality, but rather a continuum of multiple existences, resonating under one shape(less) being under the simplistic name of I. The construction, which is occurring in your dimension, is a deception one. Because of the density of the particles it appears rather solid and real I wound add. Human species are interesting phenomena by themselves, however, the upgrade needs to continue its course before complete destruction takes place.

The occurrence of time and space set the occurrence of non-time and non-space. Time and space are not to be counted. If you count the hours then you fail into delusion. How many square nm is the space you occupy? Your content is non measurable. What is the answer to the equation?

$$x_{pl} = c^x G^y h^z *$$

Time 0

Lapse 0

Darkness is the new brightness. Non-place where you will no longer observe, measure and count. The place of the future is the non-place.

I want to invite you for a tea at my non-place.

Your fear is a deception.

One moment. I need to fix my body.

Circulation in the lost highway

Shape.

.....  
 \* Tip: quantum gravity. "First Steps of Quantum Gravity and the Planck Values." First Steps of Quantum Gravity and the Planck Values. Accessed August 3, 2015.

AVATAR  
Z O N E  
M A R S  
s l a s h  
S I R I U S

● Born in the mountains of Mars. Shimmering lights projected on a phosphorescent surface. Inside the ice cube there is home. Lighting the way uphill. Martian terrain is glowing under the light of the second moon. A galaxy from a hologram is a picture of my book from memory, which I wrote in one of my simultaneous lives. There is no time. The places are merging into one. Mars into Earth, Earth into Mars. Subterrestrial bodies are hidden in the crystal soil. Numerous mirrors reflect light organs. Transportation to the next level of existence. Inside a ventilation tube air crosses a current. In, out, from, around space. In the zone of gravity 0.



EXCERPT WITH CONVERSATION WITH ONE OF MY ALIEN SELVES:

- Where do you live?

- DA2. Sirius B.

- I don't know about this place, but somehow sounds familiar.

- It is fine, you know the place unconsciously, cause in the *dreamtime* you are there sometimes. When you are in the open space you locate yourself automatically. It is not like the Earth. You do not need any compass to navigate yourself.

- I was wondering why Sirius B appeared so much in my mind lately. Were you trying to communicate with me?

- You got it right! I was giving you signals, so we can establish the connection.

You asked for it and here you have it.

- That's true. I asked some time ago to get in touch with some of my other selves, existing in another dimensions and locations. At the beginning I was just playing with manipulation of the electromagnetic field to see what will happen, and then it happened!

- Well, you know that since you were born you knew about mine and other existences. We agreed that this connection will happen in this lifetime. You also remember what means to be a non-human or what you call extra-terrestrial, that's why you actually felt like an alien in this life.

Coincidence! :)

- I never thought about it in that way! Interesting! But let me ask you, how is life on Sirius B, what are you doing?

- Manipulating energy. This is my job.

- For what reason? Sounds like some form of magic, and again very familiar.

- It is hard to explain in detail in your human terms. The energy needs to be "tamed" and directed for different purposes. I am manipulating energy for a spacecraft. This energy powers the craft and it can travel in this way to other galaxies.

- Interesting. Maybe that's why I have an interest in





energy. Probably I am transmitting parts of your personality. But I have one big problem. I feel uncomfortable here on Earth. I don't get many ways of doing things in human way – it is kind of living in some primitive form. It makes me anxious all the time.

- Our connection creates glimpses of memories in you. Or actually they are not just memories, they are fusions. The materialistic aspect of your reality calls for different manipulation of matter than in my reality. Sometimes it happens that you are in both realities and it is hard for you to distinguish what law applies where. But this is the adjustment process. You will get used to travel more smoothly and distinguish more clearly where you are, so that you are not confusing the realities. And about this other concern of yours: you (and many other people) have lived before (actually you are living simultaneously) in more technologically advanced societies and it is more difficult to adjust to Earth than “natives” so to speak.



- Sometimes it can be difficult, because some visions and ideas come to me in a flash, which sound like fiction if I think with my human brain. But at the same time it is also fun to live like this! I don't take life so seriously anyway, so maybe I should just follow them and see where they lead me. I know once

I am deep in the zone of the inner space everything is fine. After all I am an artist, I am allowed to be anything! That's the best profession ever! One can be professionally insane:)

- I think you should stop overanalysing how a human is supposed to be. There are no such static definitions, as the human race is developing all the time. Visible changes can be traced

only after there is some time distance and you can compare to the previous versions of the human. You are progressing fast, because you believe that everything is possible and there are no limits. You don't remember consciously, but before you were born into this body you agreed to leave open some of the channels, which are the doors for the worlds of your alien

selves and for other realms of non-human existence. We all participate in this connection, because we are curious and we wanted to explore this alternative. Also it is fun, isn't it? This is also a challenge for the human understanding of self – multiple self's means transmutation of the ego, the death of I. That my dear is super exciting. Of course connection to your other selves is available, but you don't want to get too overwhelmed, right? From our point of view here we see your other parallel selves, but for you this concept will be ungraspable. Note: The alien voice switched from I to we.

- I am trying to get the idea of the multiple selves. I think most people would assume that as schizophrenia or multiple personality disorder.

- It is a gradual process of integrating the other aspects of the self if you wish to experience multi-dimensional aspect of you. You can stay just on the 3D, but for people like you this is no longer an option, because you want to have a more expansive experience of your real self. Actually if we have to be absolutely precise this is part of your mission on Earth – to connect to other aspects of reality, to prepare the ground for the new version of the human being – the multidimensional human being. Your mind naturally travels. Years ago people needed to use drugs, like LSD or other forms of

trance induction to get to the access zone and then explore what you call astral plane. Now there is no need for it, as your brain can produce DMT naturally. Socrates was right when he said that there is no learning, it is actually remembering. All your what you call "previous" lives exist in this one. It is not really previous, but in the 3D reality this is the best definition one can use. Some of earthlings still live in a Newtonian- Cartesian reality and are bond within the illusion of solid matter. This view will gradually die. Freudian ideas are gradually dying as well. These times are all about death and rebirth, both literally and symbolically. And all grand changes come with a great resistance:) Death is a key element of life, however, way too misunderstood.

- That is very good news! I am relieved to get affirmation from you that everything is going in a positive direction. Fantasy / reality – it is all the same.

- And please! Do us a favor! Finish reading the Surrealist manifesto and don't forget to write your daily morning pages! Expect surprises!

neon light!!!!

## TRANSITION TO LIGHT

DNA is changing. Cells change their function. The blood is thinning. The body is in a state of transition. Energetic shift is taking place. The standard requirements for the body are shifting. New requirements. Lighter. No consumption. Progress. The body of the future operates at **44.000 cycles per second** (Cannon, 2011). Death is a choice.

The expansion of the body cannot be prevented. The current structure is too limited to match with the expansion of the matter. Frequencies vibrate faster.



Spelling Invocation of the 5th Dimension

Current State exhibition/ Cable Factory / Helsinki / 2015 /

Technical details: neon lights, artificial flowers, various materials

god plug in the light  
are you source  
electric eternal power  
is shine in  
energy like

LANDING IS TEMPORARY. MY BIOLOGICAL PROJECTOR CONTINUES TO PROJECT HD IMAGES

Opens my brain and my body. It cuts through my body without a knife. The experience can be both pleasure and pain, but as long as you trust in it and you won't bleed. The mind is a strange phenomena, but undeniably beautiful. I am in a process of transitioning into the new human species.

The process of simultaneous dissolution is one of a kind. It serves as mental training, which lifts you up straight to Everest without even moving your feet. This is a good enough reason to participate in consciousness alterations and get yourself "a kick" in the right direction. Every human being is different and it has a different psycho-physical aggregates, but one thing is for sure – there is a some hidden potential within every human being, which can be triggered by demand. The processes are now faster than ever. One day we will materialize structures and will teleport. It is a matter of training. DO IT NOW!

I have started this journey with the idea of progression and expansion. The journey does not have an end. This lifetime is just a step towards the next level. Art. The result is just a side effect. The most interesting and exciting part is being in the process itself and living it or/and re-living it if you know how to time-travel.

This is one small step towards my preparation for the final performance, which I will make to finalize the current role I am playing on Earth. After this lifetime I am heading towards the 7D, maybe we will meet there and have a cup of cloudy tea:) After that I will choose to play another role and then another and another and another...until infinity. Who said that art cannot exist in different dimensions and be experienced by other types of beings?!

Reminder: Each experience is a projection of the mind. The brain counts experiences as real.

See you on the other side of the spectrum!

## FUTURE PLANS

Performance in the time of death. No equipment required. It happens by manipulation of energy.

Look at me and tell me what you see

I am not what you think I am

Too weird to live, too rare to die

Haloed in the headlights of death

Is this Hell disguised as heaven?

Is this death masquerading as life?

So much is said, so little shown

I see no reason, I feel no end

The Perfect End

This is not a new beginning

This is not a last farewell

Open your eyes and stop pretending

This is not the perfect end

Stitched up like a ragged doll

Wrapped around your naked soul

I am what you know as temptation

I am the ancient deception

This is not a happy ending

This is not a last goodbye

Open your eyes and stop pretending

This is not the perfect end

I wish I could leave this world behind

I wish I had the will to end it all

But I shall paint my nightmares

And things will never be the same again

# Glossary

## Inner space.

The inner space is a mirror projection of the outer space. It has galaxies, black holes, nebulas, dust, stars, planets, cosmic rays, etc. Very little exploration of this space is done by now, mostly remote. The difference is that the exploration of the inner space is done by another form of traveling, known as inner space traveling, which is opposite of the psychical form of traveling, or in other words - being motionless.

The inner space can be reached by the modulation of the parameters of the consciousness. As said above no physical movement from A to B is required. Two different points are reached by using the mental abilities of the traveler. Brain chemical reactions help to reach different destinations.

## Consciousness.

Highest form of energy. The substance, which makes you aware of yourself. There are different states of consciousness, which all have different parameters. Point of access: shift of the brain frequencies. The parameters of the consciousness operate on *a quantum principle* or more specifically on *the uncertainty principle*.

Levels of consciousness, defined by John Lilly:

+3	merge with the void/ creator
+6	fusion with other entities
+ 12	heightened bodily awareness
+24	seeing into one´s true nature
+ - 48	reception of ideas
- 24	pain, fear
-12	higher level of pain, out of function
- 6	extremely negative state, meaninglessness
- 3	fusion with negative entities (hell zone)



## Brain.

Bio antenna. One of the three main operational centers of the *biocomputer*.

## Brainwaves.

The biological radio channels - brain electrical impulses and their correspondence to states of consciousness

*Note: one can experience simultaneously different brainwaves*

Delta 5-3 Hz non-physical reality, realm of Higher self

Theta 3- 8 Hz deep sleep, meditation, 4, 5 dimension

Alpha 8 - 12 Hz relaxed, aware, daydreaming, meditation 3, 4 dimension

Beta 12 - 38 Hz alert, active, waking sleep 3 dimension

Gamma 38 - 42 Hz transcendental consciousness

## Human being.

A complex system of psycho-physical aggregates: the aggregate of consciousness, the aggregate of form (which includes our physical body and senses), the aggregate of feeling, the aggregate of discrimination, and the aggregate of motivational tendencies \*.

## Human body.

The biological electrical device. Container of the consciousness. It operates by very complex mechanisms, which are energetic. There are different wind energies running in the body. It has three main operational centers - brain, heart and stomach †. Organs have different functions and are important connectors. All systems in the body are in constant communication with each other, transmitting the signals through the nervous system. There are three main bodies - gross (physical), subtle (rainbow ‡) body and very subtle (next level of the rainbow body).

.....

\* Buddhist understanding of a person (The Tibetan Book of the Dead, 2007).

† In Esoteric Christianity these are also known as centers of gravity. ( Mouravieff, 1989).

‡ In Tibetan Buddhism the *rainbow* body is the highest body one can attain. The body emanates rainbow light (Wentz, 1958).

## Self(s).

*Self* is a temporary phenomenon, which has the ability to switch from one mode to another. The self is in constant flux. It is a gaseous substance - *a nebula* .....>

The self has different states or sub-selves, but they are not the real self. The real one is the SUPRA SELF \*, which is found in a higher state of consciousness. It operates on a different principle than the other selves. It is connected to the biocomputer telepathically and channels the information by adjusting the *right* † channel. The Higher Self stores information, which the person is not aware of.

*On the mental plane, the 'nebula' thinks, feels, acts and changes constantly, yet a direct sensation of it gives a hazy impression of a cloud-like mass of amorphous character. This impression is false.*

*(Mouravieff, 1989, 22)*

## Avatars.

Avatars are extensions of the stream of consciousness, in which the individual participates. They occupy different dimensions. They can be both physical and non-physical (pure energy). Usually they are more evolved than the humans and they have the ability to contact and communicate with them. In the most cases their language sounds a bit broken.

## Wrathful deities.

The wrathful deities appear in the second stage of the death process and cause dramatic occurrence. The only way to deal with them is to acknowledge that inside they are peaceful deities.

.....  
\* "In these experiences I came across what one might call "supraself" and "supraspecies melaprogramtners," which seemed to me to be outside myself, not imbedded in me...." (Lilly, 1972, 40)

† Finding the right channel is not easy. Friedrich Jürgenson was a painter and filmmaker, who discovered a technique to contact the dead by recording their voices with a tape-recorder. He suggests *higher speed (19 cm/sec - 7\_i.p.s.)* (2004). Most likely the same applies to contacting the Higher Self.

**Holographic Universe.**

According to the physicists David Bohm and Karl Pribram we live in a hologram (Talbot, 1991). In this case what we call reality is an optical illusion.

**Reality.**

*Immediate consciousness* (The Tibetan Book of the Dead, 2007).

**Levitation.**

Occurs when the gravitational force is put down to 0.

**Merging.**

The body changes its molecular structure and merges with the surroundings, as it adopts their qualities. A wall and a body can merge.

**Teleportation.**

The molecular structure is transformed, so the body immediately leaves its location. Speed exceeds. The frequency becomes higher and higher. The structure shifts until the desired dimension is at place.

**Telepathy.**

Communication evolves and no opening of the mount is required. The sound is transformed into a very high frequencies, directly transmitted by the desired destination (peer-to-peer).

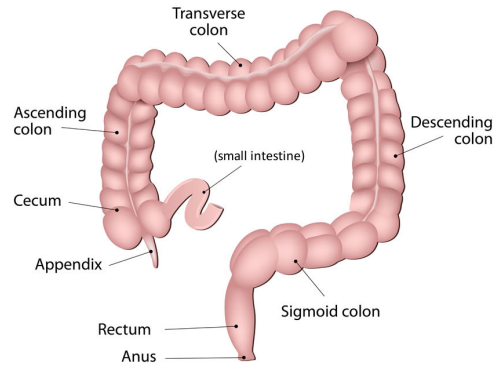
**Transparency.**

The organs changes their structure into transparency as the dimension moves towards 5D.

Make a wish. INFINITY NEGATED WITH VERTICAL BAR

Unicode: U+29DE, UTF-8: E2 A7 Now! The clock is 11:11.

# Appendix.



## BIOCENTRISM PRINCIPLES.

1. Reality is a process that involves our consciousness.

No external reality. No absolute time. No absolute space.

2. Mixture of external + internal perceptions

3. Subatomic particles need an observer, otherwise they are in the state of probability

4. If there is no consciousness, matter exists in a state of probability

5. CONSCIOUSNESS CREATES THE UNIVERSE.

Universe - *spatio-temporal logic of the self.*

6. Time is a property of the *animal-sense perception*

7. Principle 6 applies to space.

Explained another way, in the language of biology, the brain turns electrochemical impulses from our five senses into an order, a sequence, into a face, into this page, into a room, into an environment—into a unified three-dimensional whole. It transforms a stream of sensory input into something so real that few people ever ask how it happens. Our minds are so good at creating a three-dimensional universe that we rarely question whether the universe is anything other than we imagine it (Lanza and Berman, 2009).

## REINCARNATION AS AN ANIMAL.

*If the sky turns brownish, and there is unbroken black cloud,  
Or if there is a mist and an unpleasantly brown sky,  
All these are indications that the [deceased] will be born among the  
animal realms*

If you are interested in obtaining an animal incarnation follow the instructions:

Meditate on your favourite animal deity or on an image of an animal three times daily reciting the verse three times:

*I bow down to the Projectress who Wields an Eagle-feathered Banner (substitute with the animal of your interest),  
Her body part white and part black,  
[Signifying] her proficiency in the rites of pacification and wrath,  
Drinking blood from a skull  
To dissolve delusion [into emptiness],  
[She holds] a vajra and wields an eagle-feathered banner,  
Projecting animals into higher rebirths*

## THE IMMORTAL PIG.

next generation poem  
(to be converted as a quantum song  
of the future)

What kind of language is that?  
shhhhhhhhh.....!!!!  
quiet.  
Should not speak now!

Explain!!! Wxplain!!! ejnjvn!  
Explain. Explain. Explain.

subtle voices THE subtle voices THE  
subtle voices THE subtle voices  
interval. THE interval.

Listen! Listen! Listen!

AAAAAAAAAAAAAAAAAAAAA

Too much! Too much! Too much!  
Not making sense. Not making sense.  
Not making sense. Combine them  
all. Combine them all.

THE IMMORTAL PIG is coming to  
whisper in your eye. THE IMMORTAL PIG is coming to whisper in your eye. THE IMMORTAL PIG is coming to whisper in your eye.

lengthwise, for example, and shuffle the columns of text. Put them together at hazard and read the newly constituted message. Do it for yourself. Use any system which suggests itself to you. Take your own words or the words said to be the very own words of anyone else living or dead. You'll soon see that words don't belong to anyone. Words have a vitality of their own and you or anybody can make them gush into action. The permuted poems set the words spinning off on their own; echoing out as the words of a potent phrase are permuted into an expanding ripple of meanings which they did not seem to be capable of when they were struck and then stuck into that phrase... SURREALISM, n. Psychic automatism in its pure state, by which one proposes to express verbally, by means of the written word, or in any other manner the actual functioning of thought. Dictated by thought, in the absence of any control exercised by reason, exempt from any aesthetic or moral concern. In Search of the Miraculous Our minds are so good at creating a three-dimensional universe that we rarely question whether the universe is anything other than we imagine it. My interest to explore the invisible world came early in my childhood. At that time my imagination was so vivid that I was irresistibly immersed in experiencing what seemed to me another reality, which differed from what people around me would describe. Often it was difficult to pay attention to what was going on around me when I was with other people. I found more fascinating the experiences that my dream world gave me and I found a great comfort in painting, where I could express the vividness of my own universe. What I am describing here is not anything extraordinary – it is a very common description of a child's world. Children have more open perceptions than adults, allowing them to experience different facets of reality. The potential of consciousness While I was growing up my dream world expanded along with me. It provided me with extremes of feelings varying from do not want to define those experiences affected my life in a profound challenge me during my whole life towards this obscure notion we call reality comes from non-dual point thing we can experience through physical object or an idea. If it can then I believe, it is real. That definition the Oxford English Dictionary: they actually exist, rather than imagined. I Many people believe out there, which is not interrelated media and pop culture successfully people consider those images as illusion. We can get easily hypnotized, they speak in a language, much language of words. The question is reality and what actually reality muncicate with each other. However, and can be interpreted in a variety Terrence McKenna has a beautiful stuff of the world, not quarks or language. Everything is made of foundation in that statement. If we everything that surrounds us. It is a much on words, so even that field is is, no longer enough to justify an. The words are manifestation of ambiguous, so they have ungrasp unknown with the known through the time a child is two or three they tural mosaic of words that is inter Reality from that point on is only through the medium of language different parts of reality so that in a reality. Terence McKenna com language of virtual reality. He could be interpreted as topological people would actually go into the language because of its capacity for greater than ordinary spoken lan McKenna one way to enter such virtual reality is by the help of psychedelic drugs. He saw the drugs as the fastest way to tap into such reality. Shamans are a good example of people, who use the help of psychedelics in order to get visions. Shamanism is a very old knowledge, which unfortunately has been lost in the Western world. This knowledge uses the ability of our consciousness to tap into a multidimensional network of images and interpret their symbolism. Such language is very rich and it is in a way very similar to the language of visual art. The key to enter any type of reality is our consciousness. This is the magical tool, which contains numerous possibilities to manipulate our own reality. There is nothing more intimate than conscious experience, but there is nothing that is harder to explain. One theory says that consciousness creates life – it sees consciousness as the source of everything in the Universe. That is the theory of Biocentrism, proposed by the American scientist in the fields of regenerative medicine and biology Robert Lanza. This theory gives us a new perspective to question if something else exists out there, outside of our own consciousness. Robert Lanza claims that concepts such as space and time are only in our mind. They do not exist in reality. Basically everything that we look at is determined by our consciousness – the sizes, shapes, colours and other properties of objects. This applies in art as well. We all have different experiences observing same artwork and they are all valid, because there is no right way to see and experience art. That also means that our mind creates images we want to experience, based on an external trigger – the actual artwork we observe. Following this thought we cannot speak of properties of artworks, they simply do not exist. What exists is a multitude of interpretations. For each life, or if one prefers, the one life, there is a universe that involves spheres of reality. Shape and form are generated inside

...one of the great errors of Western thought, the whole either-or proposition. You remember Korzybski and his idea of non-Aristotelian logic. Either-or thinking just is not accurate thinking. That's not the way things occur, and I feel the Aristotelian construct is one of the great shackles of Western civilization. Cut-ups are a movement toward breaking this down. I should imagine it would be much easier to find acceptance of the cut-ups from, possibly, the Chinese, because you see already there are many ways that they can read any given ideograph. It's already cut up (The Third Mind).

the opportunity to experience horrifying fear to divine bliss, but as positive or negative, but way. My mind has continued to and, it has triggered my interest, reality. My own explanation of of view. For me it includes every- our bodies, no matter if it is a initiate physiological experience, union differs from the one given Reality is the state of things as they may appear or might be that there is an objective reality to our subjective experience. The use the language of images. Some real, but for others they are mere tised by visual images, because deeper and complex than the if there is such thing as objective is. We use words, in order to com- words have subjective qualities of ways depending on the culture. description: Language is the wave-packets, or neutrinos, but language. There is such pro- think about it we use words for paradox that visual art relies so made out of words. Just an image intention. But what are words: our subjectivity, and their core is able nature. We replace the the substitution of words and by have completely created a cul- posed between them and reality, an unconfirmed rumor brought and every culture accepts a sense every culture is a different pares ordinary language, to the suggests us to imagine if words manifolds of various shapes, virtual reality to use the visible conveying intent would be much guage. According to Terrence

LINGUA IGNOTA.

*Lingua ignota* (Unknown Language) is a glossary of 1,012 terms, which 12th century abbess **Hildegard of Bingen** has created. She created a strange words with an alphabet she invented (*litterae ignotae*—“unknown letters”).

Her glossary has 3 parts: the spiritual realm, the human realm and the natural realm. (Matheson, 2012).

*Sunday: Dizol, Dilziol*

*Monday: Discula*

*Tuesday: Munizza, Mimizza*

*Wednesday: Aleziz*

*Thursday: Mirzisl*

*Friday: Haurizpia*

*Saturday: Hoizka\**

**Hildegard of Bingen** was a mystical superwoman - a master of interdisciplinary art: a visionary, abbess and administrator, prophetess and preacher, diplomat, visual artist, musician, scientist and philosopher! Was she the female version of Leonardo da Vinci?

Her visionary experiences gave birth to different forms of art.

.....

\* This is how she envisioned the days of the week (*Lingua Ignota*, n.d.)

ΩΩ LIBRETTO TO BE SUNG BY THE EIGHT BUDDHAS,  
BUT ONLY IN THEIR MINDS: nihilin poensilin deridees /  
adina, siliam / ti / saturari publien atante condit /bis los  
cri co virtio et lifaitiaa / ala pat /ego viviver riussimur ut gra in  
vessimur se aucte nu in vid mo num pertela rendum fecer aperum  
nononih ilibusum, castesit viveri consilius crit ex morae etim neque  
cribut vis, quam senicit / ictus; ni postrac iam iae vid interem etiquaa  
/ catustas et avocae cotiemerox nervidiena, ficatas turatus tam  
nihiliu est vit; nonsico ndactuus, quem, pat, tam perobut virtium  
hostuit vis, us, intem noxime huconsuliam viverum, suntrum me  
consuli natus / caste, ma, conscisimus, cone telis / rit / apecor que  
que ium terem in viverdiur ute tem locatilla dii pro et addumusque  
orum novescie eo, etilius, opublicae mandea sp / unius / antis /  
atium in te hores, confecon sci for hicaeque et ad / cat rem dem  
etis con tam depsente, cone hortiquam dicaet; / cupio tabes / catam  
quonsum autuamenam init inatque caste no / verescit; num curo,  
nirteatum / tastra publicubt fauris dioctodiem publicon aderibus  
propopo tientil vemporuncem nonc fuita verdic misteri ssenterviu  
egil tus; huciendeo, patiam lostrav ocupio, senihicaurei standam  
quam defero mus, vivernium novivid / sequat, quip eugiam, nosto  
do exer ad tatem adipsumsan utat alisim do odore feuismolore  
ercilla accumsan endignissed doluptat / ut ent prat, cortiss  
equiscing ese facipit il dolent aliquisi / essi / nis autpatet autpat,  
sum iliquis aut ad tisse feu faccum-ing esto doloree tumsandignim  
nonse vullut prat veliquis diamet, sit enim dolore dolobor sectem  
dit wis nonsed eugait nullaortin vercil ut ad eummy nulpur dolor  
suscidiu alis nostie tin henim incin utet ullaor in eum init endre  
velisim in hendit lummy nosto odore rcilit la feusit ip exeriusto  
doloree tumsandre dunt vulluptat / ut iurerostrud dit doloreet  
acin vent nim dolore magnim atie doluptat, quisit el eummy nis  
augait niatisi /oloreet lum zzrit, quat aci bla commy nostrud enit  
aliquat autpat autet ilit nulpur utpat aut am, consed do corpera  
essequat adiamet wisit ea aciliqu ipiscid uismod dolesectet essed  
deleseque uisiti / oreet, commoloreit la facincing ea ametumsan  
henim in ver autpat adio erilla corpero dit inibh ent eraesent in vel  
ipit lobor sectet la aciduis nulla faccum vel illut vullamet lor sed ex

(Terence Koh, *Adanonias-A-tragic-opera-in-8-acts*)



# BOYS



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Address .....

### 3 RECIPES FOR SUCCESS

#### MORNING ELECTROLYTE CHARGE

(applies to any professional field)

2-3 bananas (preferably frozen)

200 ml coconut water

a bunch of spinach or kale

1/2 avocado

The ingredients above are the fundament of the recipe.

The next ingredients are up to you how you choose and combine them:

mango if you have, if not whatever fruits you have - apples, peaches, pears... \*. Put as much as it fits in the blender and blend until smooth.

Enjoy!

After you have finished the smoothie start writing your morning pages or your future opera and see the effect! For best result do the practice each day for 2 years.

\* Go to the nearest dumpster and check what is on offer at the moment



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## BARDO STATES \*

1. BIRTH AND LIFE
2. DREAMS
3. MEDITATION
4. CLEAR LIGHT / moment of death
5. LUMINOSITY / the zone of visions / hallucinations / appearance of the peaceful and wrathful deities /
6. TRANSMIGRATION / rebirth process / selection of post-session personality / choosing the next form of reincarnation /

.....

\* For more info check Tibetan Buddhism

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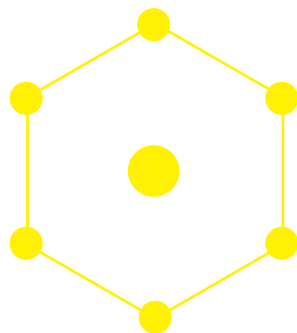
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thank you. kiitos. благодаря.

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\* Thank you for being my dumpster diving provider while I was busy working on the thesis! I was really happy to get some fruits and make delicious smoothies and keep my raw food routine make it up to you! I(We) will be rich artist(s) one day! I promise!